2004







for a reason

For A Reason

Valenian






Valparaiso High School

2727 North Campbell Street

Valparaiso, IN 46385

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Enrollment: 2,100

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Top Left: Band members play during the half time show at the Homecoming football game.

Top Right: During the fall fantasia concert senior Varsity Singers Lindsey Carlson, Brianna Addis, and Libby Byrum sing as a trio.

Middle: Goalie Devon Henson dives for a ball during a JV game against Lake Central.

Bottom Left: The freshman girls volleyball team do a cheer before they start their game.

Bottom Right: The freshman football team look at the flag and sing the *Star Spangled Banner.*

Because...

"Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved," said William Jennings Bryan.

We shape our destiny by the things we do, and everything we do is *for a reason.* We strive to achieve success in our daily lives. Whether it was cramming for a test the night before or dragging yourself out of bed to make that dreaded morning practice; all these sacrifices were done for a reason.

Every accomplishment can lead to something greater. The kid on the debate team who always argues with the teacher may be the next senator. The athlete who is up every morning before the sun might become a United States Olympian. Even the student you see lugging their saxophone home to practice could be the future John Williams. Hard work and sacrafices are done FOR A REASON









(Top Left:) While performing at the *fall fantasia* concert with the Varsity Singers senior Pat Yokovich strikes a pose.
(Top Right:) Sophomore Andrea Kent stretches at the DAC cross country meet.
(Bottom Left:) After being selected as the homecoming queen and princess, Shawna Kennedy and Julie Martz pose for a picture.
(Bottom Right:) At a fall orchestra concert, junior Perrine Marcenac focuses while playing her violin.





Top Left: While at the football game, senior Brad Martz plays his trumpet in the marching band.
Top Right: Despite the cold weather and rain, cheerleaders endure the weather in an effort to foster school spirit while motivating the crowd.



Middle: While watching the game, excited students cheer on the football team to a victory against Merrillville during homecoming.
Bottom Left: Varsity volleyball players seniors Kristin Rose and Megan Maynard work together to complete a pass.
Bottom right: While competing for scholarship money, Junior Miss participants Brianna Addis, Cara Kern, and Danielle Zale perform a dance.





student LIFE

All through high school, students worked toward preparing themselves for the future, but the preparation was not always from academics.

From Friday night football games to afterschool practices, students always found ways to have fun while participating with their peers. Whether it was dancing at Homecoming or cheering on the girls at the powder puff football game, students always showed their Viking pride. On the court or in the classroom, Vikings pulled together. While celebrating in the stands after the winning touchdown to voting for your favorite guy to win Mr. VHS, everything happened for a reason.

What was your most unforgetable moment?



"My fondest memory is when I finally realized I could achieve the dreams of my shin-dig childhood. Oh, and the time I avoided hitting the deer that ran in front of my car."

David Mueller - 12



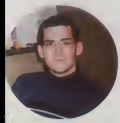
"911, because it made me reflect on why someone would want to destroy a country that has achieved so much."

Shawn Fleeger - 11



"When I look back at high school I know I will always remember the friends that I made and all the great times we shared."

Nicole Novak- 12



Chris Weeks

Q What is your most unforgetable moment?

A "The many times my friends and I pranked Mike Wells."

Summer Adventures



Edra Jani and Stacey Staack get ready to board the Staacks' family boat in the Lake Michigan harbor.



"I learned to order soda in Guatamala"
—Jared Earhart, 12



"I learned to love life so much more because life is what you make of it. You only live once."
—Ryan Morrison, 12



I learned over the summer to wear sunscreen. Especially, if you were as pale as I was!
—Hilary Ostafinski, 12

What is one thing that you learned about youself this summer?



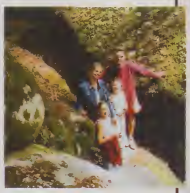
Whether a student parasailed over the Atlantic Ocean, was greeted by a French man exclaiming "Bonjour", or went to the beach, chances were that students did something memorable this summer. Some students traveled across the county, country, or ocean. Others worked hard at their job, at practice, or at summer school. Still, other students spent their seventy-eight days of summer vacation having fun with their friends.

A very popular event on many summer agendas were vacations. Students often traveled with their extended families or were traveling to visit their families.



Like many other students this summer, senior Angie Shiplov and her family took numerous short trips in order to visit college campuses.

Some Valparaiso High School students were also fortunate enough to travel to Florida on the marine biology trip. Other students were able to take in some foreign culture over the summer. Select students from the VHS Japanese club traveled overseas to take in first hand the language and culture they were learning in the class room. They stayed in Japan for fourteen days and visited various cities in Japan. They were visited the city of Yokohama. Some of the French students at VHS, like senior Madison Sunnquist, had the opportunity to travel to France and stay with a host family for about seven weeks. (The picture to the right is Sunnquist and her host family in a French park.)





Erica Humes, Kayleen Wichlinski, and Lindsay Humes have fun with family and friends on the beach in Toledo.



Seniors Megan Foreman, Julie Martz, Angie Shiplov, Shawna Kennedy and junior Lisa Floran hike at cross country camp in McCormick's Creek State Park in Spencer, Indiana.

Nora Casey, Katy Blythe, and Heather Shaw smile while on vacation in San Diego.



The Indiana Beach Ski Team, with sophomore Kelsey Eichelberg pose for a picture after their third show of the day. They performed four times a day at the amusement park.





Sponsored by Adventure Outdoors, senior Carrie Ann Kennedy is questioned by Becky Godbey during the 2003 Porter

» FAST FACTS...

1 »

2 »

3 »

4 »

One Loud, Proud, Homecoming Crowd



Sophomore "P-Dawg" Paige Thompson poses mid-field with seniors "N-Trayn" Nicole Novak and "T-Byrd" Noel Thompson after the junior/senior powder puff football team won against the freshman/sophomore team 12-0.



"I liked seeing the creative ideas everyone came up with."
—Miranda Russell, 11



"Crazy hair day. I spiked it up and got the weirdest looks in the hallway. It was awesome!"
—Jonathan Charlson, 12



"Everyone had really creative ideas, and it was fun to see everyone get involved."
—Kate Salan, 12

What was your fondest memory of spirit week?



The fans filed into the stands. They had on their winter coats ready to fair the cold weather. A few dedicated fans painted their bodies to show their support for the Vikings. Despite the freezing weather, they managed to yell, "Go Vikes!" The Vikings overcame the Merrillville Pirates by winning the homecoming football game with a score of 30-28.

Prior to the homecoming football game, there were many activities. They included spirit week, powder puff football, and the infamous homecoming parade.



"We tried to get more people involved in the parade this year by talking about it to all the students," commented Ms. Shunkwiler. She was the cheerleading, spirit club, and powder puff football sponsor for the first time.

The spirit days changed every year and were determined by the cheerleading captain who was senior Megan Caldwell. This year the spirit days consisted of clash day, crazy hair day, college day, class color day, and the traditional green and white day. Caldwell also decided the day and the theme of the homecoming dance.





"Flush the Pirates!" screams the senior class as their float rolls down Campbell Street.



The varsity cheerleading squad helps motivate the football players to their victory over the Merrillville Pirates.



Former homecoming queen Michelle Sullivan crowns Shawna Kennedy as the new queen during half time.

In second place, the junior class shows their school spirit with a green and white ornated Viking Ship.





The senior Vikettes perform their final homecoming routine.

HOMECOMING

- The cheerleaders prepared for the homecoming dance which was on October 4, for about two months prior to the actual dance. They started Monday before school started and continued to have workshops every Monday.
- Among the decorations were tiki huts, a bridge with waterfalls, trees, rocks, grass, animals, a volcano, moss and vines, tiki torches, and ancient ruins.
- It took the cheerleaders about 30 hours to put up and take down the homecoming decorations.
- There were almost 900 tickets sold for the homecoming dance.

Homecoming Night for Green and White



The 2003 Homecoming Court poses for a quick group photo. (left to right) Seniors Lauren Jones, Katie Ramirez, Princess Julie Martz, Homecoming Queen Shawna Kennedy, senior Lauren Holst, and senior Brianna Addis.



"After they announced the princess and queen, it started to pour and the princess (Julie), our escorts, and I had to run for cover under the bleachers!"

-Senior Shawna Kennedy



" Dancing with [my date] and letting the surroundings melt away."

—Sophomore Daphnie Cramsie



" Being with my friends, dressing up, and having a good time!"

—Sophomore Erica Bengel

What was your favorite homecoming memory?

?



Uh-oh! It was that time of year again. The girls were out buying their dresses, the guys were renting tuxedos, the floats were ready and excitement was in the air.

The theme for the homecoming dance was *Enchanted Rainforest*. "I thought it was the prettiest homecoming ever!" cheerleading coach Jeana Collins stated.

The *Enchanted Rainforest* theme included eight real-looking trees, two full-sized tiki huts, volcanoes, and rocks. The scene even came complete with screechy animal sounds!



Watching the students come in and gasp was Collins' favorite part of decorating. "It was just an amazing feeling," she said.

Decorating wasn't the only fun part of the homecoming dance, however. Dress-shopping, hanging out with friends, taking pictures, and getting ready were all things to look forward to in anticipation of the event. Senior Megan Caldwell was excited about the dance. As senior cheer captain, Caldwell got to choose the theme for the dance. "...It looked really different. I think it was pretty cool!" she said. Caldwell attended the dance with a date, and her dress was "black and pink, just like everyone else in the school."



Senior Kelsey Hupp also went with her date, Ben Malone, to homecoming. "Everything about homecoming was so much fun!" Hupp said. "The beginning with the parade on Friday, the game, getting ready for the dance, the actual dance, and going out afterwards!"



Senior Lauren Thibodeau and her date Kevin Coros slow dance in the *Enchanted Rainforest*.

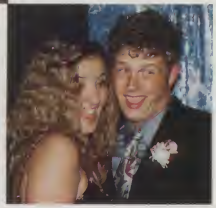


VHS students enjoy the music and the time to spent with their friends.



Students gather to watch the homecoming court and their escorts.

Senior Brianna Addis and escort Ben Kolodzinski pose for their picture.





Dance attendees enter the school through a tropical rope bridge.

FAST FACTS...

1» The Valpo cheerleaders and their parents were in charge of decorating for the homecoming dance and selling the tickets.

2» The school usually spends around $1,000 on decorations for the dance and on the D.J.

3» The dance raised about $10,000 in ticket sales alone!

4» Proceeds from the ticket sales went to the athletic department.

Guys & Dolls



David Conison, (Benny Southstreet), and Marc Garza, (Harry the Horse), conspire about the crap game.



Libby Byrum, (Sarah Brown), and Craig VanSoest, (Sky Masterson), discuss the local missions while in Cuba.

Cabaret. The Charleston. The roaring 20's. Although set in decades past and penned in 1955, the 2003 drama club production of *Guys and Dolls* captivated audiences and gave them the feel of Broadway.

The show was presented on Thursday, November 20 through Sunday, November 23, 2003.

"I loved it! I thought that it was definitely one of the best performances that I have seen here. They did a great job," commented junior Kristyn Dimitroff who attended the musical on closing night.

Cast members underwent a rigorous audition process which included singing, dancing, and line reading. Drama club members did not audition for specific parts, they performed from a general mix of characters.

For the 2003 production of *Guys and Dolls*, rehearsals ran from before school starting at 6 a.m. and ending at 9 p.m. The cast was constantly coming and going in different groups.

"The musical went really well, I am very proud of it. Everyone did a good job, the songs were great, and the audience was wonderful," commmented Mrs. Berg, who choreographed the musical.



The orchestra practices during the final rehearsal for *Guys and Dolls*.



The Hot Box girls dance midstage to Bushell and a Peck.



The crapshooters sing Luck Be A Lady as they await the roll of the dice.

What was your favorite part about the play?

"Definitely was standing for every curtain call. Everyone was so proud of the entire show."
Courtney Blomquist, II



"My favorite part was the opportunity to perform and work with so many wonderful people."
Kathryn Duffy, I



"My favorite part in the musical is the crapshooter's dance in the sewer. It looks like a production number."
-Craig VanSoest, II





Courtney Blomquist, (Miss Adelaide), and Tim Westforth, (Nathan Detroit), prepare for their upcoming wedding midstage.



The mission band returns to the Save A Soul Mission to find the crapshooters gambling there.

INFORMATION

- Auditions were held in September 2003. Callbacks were held the following week.
- There were 42 characters in the play which included the gamblers, mission staff, hot biscuits, crapshooters and revues.
- Rehearsals started September 22, 2003.
- Most of the costumes were rented from Grand Ball Costumes.
- Dress rehearsals started November 17, 2003.

VHS Royalty



Senior Libby Byrum was awarded the 2003 Valparaiso Junior Miss title. She also received the award for poise. "I am really happy that I participated. I had a lot of fun and got to know some really great people," said Byrum. "It was such a great experience and a good way to get scholarship money."



"Remember it is not a pageant, it is a scholarship program," replied senior and first runner up of the Valparaiso Junior Miss pageant Megan Geissler.

Junior Miss was a scholarship program where senior girls competed for scholarship money. The girls were judged in several different areas, which included fitness, talent, academics, interview, spirit, and poise.

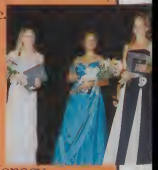
This year ten girls participated. The contestants had two practices a week where they worked on poise and fitness routines. They also practiced talents and prepared for the judge's interviews.



"Before the show, we all helped each other and made sure we looked our best. That just proved what a great bond we had created," stated senior Danielle Zale.

First runner up and "Be Your Best Self" winner was Megan Geissler. Second runner up was Neena Phadke. Phadke also won "Be Your Best Self", interview, and scholastic.

The third runner up and fitness winner was Rachel Bonich. Brianna Addis won the award for Spirit of Junior Miss and the talent award of the contest was awarded to Julia Monacy.



Do you think that girls should participate in Junior Miss?



"I think all girls should truly take it into consideration. It's an all around great opportunity to build both confidence and strong bonds."

-Danielle Zale



"Definitely, because it is so much fun and an experience that you'll remember your whole life."

-Brianna Addis



"Definitely, Junior Miss is a wonderful opportunity to perform and have fun at the same time."

-Lindsay Carlson



A day before the show, the guys practice their opening dance moves. Morning practice was held before school.



Mads Andreussen, an exchange student from Norway, and escort Courtney Kennedy display their towel wear.

Contestant number four, Alex Breitinger is joined by four dancing cowgirls. He performed his routine in the talent section of the competition.



In a final rehearsal early Sunday afternoon, the guys practice the highlight of the opening dance, "THE FLIP."





Tim Westforth was crowned Mr. VHS for 2004. He was sponsored by the Varsity Singer's organization.

» FAST FACTS...

1 »

Eighteen guys competed in the Mr. VHS contest. Mads Andreussen, Nate Barksdale, Drew Bourgeois, Alex Breitinger, David Costas, Adam Cronk, Ryan Cunningham, Chris Demorotski, Adam Ewing, Ben Kolodzinski, David Mueller, Logan Owens, Josh Randolph, Tim Rickard, Andy Seibert, Evan Summers, Chris Weeks, and Tim Westforth.

2 »

The guys had to compete in areas of towel wear, formal wear, talent, and perform together in an opening dance. The top five gentlemen were asked a random question and answered in front of the judges and audience.

3 »

Senior Danielle Zale and junior Ben Malone performed "My Immortal", freshman Mark Blane did a "Singing In The Rain" tap dance medley, and Spanish teacher Rebecca Burbrink sang "A Moment Like This" between the competing events.

4 »

Special Awards were also given out at the end of the competition. The most prompt award went to David Mueller, Josh Randolph had the Best Attitude, and Ben Kolodzinski received the Morning Glory award.

Hawaiian Hideaway



Senior King of Hearts nominees Logan Tippons and Walter Booker pose for a picture while dressed up as Hawaiian girls the week before the dance.



"The best part of King of Hearts is the reaction from wearing those crazy outfits."

—Tim Rickard, 12



" My favorite part is dressing up everyday and having people stare as you walk down the hallway!"

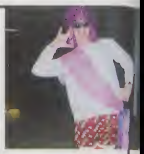
—Brian McMillian, 12



"Dressing up is my favorite part about King of Hearts, because it is good to make a fool of yourself every once in awhile."

—Ryan Nuppnau, 12

What was your favorite part about being one of the nominees for the King of Hearts?



Students filed into the cafeteria for the final school dance of the year aside from prom. The bright colors of the dresses filled the group pictures that the students took as soon as they entered the building.

Students were able to make requests for the music that the dj played for them to dance to all night long.

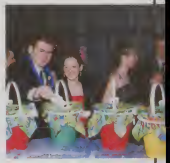
"The music was bumpin' and I had the time of my life," said senior Katy Jo Blythe.

Students danced to such songs by Sir Mix A Lot - "Baby got Back" and Usher featuring Ludacris - "Yeah!" and slowed it down with songs by Edwin McCain - "I'll Be" and Lonestar - "Baby I'm Amazed."



"It was truely a magical night and another great memory to remember from my senior year," stated senior Nora Casey.

Later on in the night, the nominees for the King of Hearts lined up to see who would be crowned the 2004 king. Nominees included seniors Ben Kolidzinski, Ryan Nuppnau, Brian McMillian, Tim Rickard, Logan Tippons, and Walter Booker.



Students voted for their favorite nominee before the dance.

After the votes were tallied, Brian McMillian was crowned the 2004 prince and the title of King went to senior Tim Rickard.



Senior Tim Rickard was crowned as the 2004 King of Hearts and senior Brian McMillian was crowned the prince.



Seniors Logan Tippons and Ashley Dunlop stop to pose for a picture before the King is announced.

Freshman Tom Drakos and Amy Howell hold each other close while slow dancing.



Freshman Hollis Ballard shows off his new moves on the dance floor.





Junior John Moon and sophomore Kate Westerfield gaze into each other's eyes while dancing.

»

1 » Preparations for the dance included making decorations, ticket selling, and promoting the Hawaiian theme. "It took approximately 100 hours!" according to senior Nicole Novak.

2 » Among the decorations were palm trees, a volcano, a tropical mural on the dance floor, and a Hawaiian throne for the king.

3 » The Key Club, sponsored the dance and sold approximately 565 tickets.

4 » The middle school Builder's Club, the high school version of Key Club, counted the King of Hearts votes during the dance.

Breaking Away



Andrea Kent, Mike Reinhertz, Ryan Brunker, Brent Kimmel, Julie Martz, and Mike Reinhertz's cousin catch some sun at St. Pete's beach in Florida.



Spring break. A time for half of Valpo to go to Florida and the other half to go out of the country. After all, what could have been better than welcoming spring by not having school for a week?

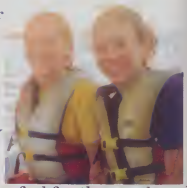
Though the students that stayed in Valpo welcomed "spring" with snowfall, a large number of students went somewhere hot. Places such as Hawaii, Arizona, and California were visited, and of course there were always the people that went to the beaches in Florida.



"I went for the third time this year with my friend Lauren Hittenger," said junior Heather Hontz. "I had so much fun, we went jet skiing, hung out on the beach, and shopped."

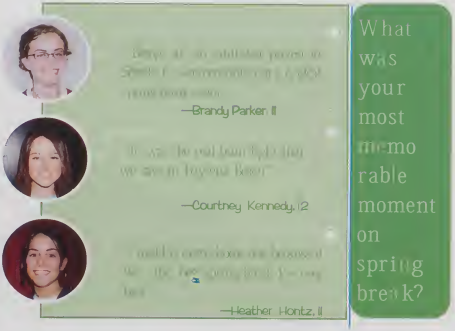
Some people, however, didn't go on spring break to be in the sun. Senior Rachel Kuker set out to snowboard in Steamboat Springs, Colorado. "At the end of the week I was able to ride rails and do 180's and tricks on the superpipe," remembered Kuker.

But going out of the state wasn't far enough for some people.



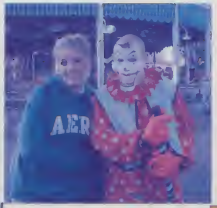
"My aunt and uncle took me to Paris for spring break. It was really cool to be in a different country because I really got a feel for the people and culture," said senior Sam Seeger.

Senior Courtney Kennedy explored a new country as well. "My family and I went to Italy. We went to lots of museums, and ate lots of food. I plan on returning after college!





Sophomores Lisa Church, Jessica Krenz, and Jillian Schafer relax on a beach in Fort Lauderdale, Florida.



Krestina Johnson poses with a entertainer at Six Flags in St. Louis.



Danielle Zale and Stephanie Wisher spend some time eating dinner at a dance club in Cancun, Mexico.



Alexz Rosenbaum and Brittany Rust hang out in Lake Hauasoo, AZ. "Oh my God, we saw a Road Runner and it was so mean!" claimed Rosenbaum.



In Sedona, Arizona, junior Megan Stephan and senior Sarah Robb pose for a picture at the "windiest spot in Arizona".

FAST FACTS...

1. Spring break was held during the week of March 22-26.
2. Some of the most popular spots visited in Florida were: St. Petersburg, St. Pete's Beach, Indian Rocks Beach, Fort Lauderdale, Daytona Beach, and the Keys.
3. The most visited places to go skiing or snowboarding were Utah and Colorado.
4. For those staying in Valpo, they had to adapt to winter like weather the first Saturday of Break.

April Antics



Junior Breanne Pynakker sings to the wolf played by senior John Schwehn.



"I enjoyed the show a lot. It really flowed together and was very entertaining," said senior Carl Hillesland.

April Antics was a chance for talented students to show their skills and perform on stage.

"I got to perform and display a talent that most people might not have known about," stated senior Jon Reinert.

Mrs. Alice Gambel has been in charge of the show for thirty one years along with help from Mrs. Nellessen who has been involved for five years.



Ideas for the "Once Upon and Dream" theme started last spring. The theme was actually used in a show from years before and re-adopted for the 2004 show.

Auditions began in early March and those who made the show spent numerous hours a week preparing and perfecting the show.

"I was really pleased with the outcome. I think everyone really enjoyed it and we received good reviews," said Mrs. Gambel.

Their pre-preformance rituals consisted of vocal warm-up and groups chants to get warmed up for the show.

Students tried out with their own performances, but had to make their parts fit and go along with the "Once Upon a Dream" theme.



"I tried out not knowing if my act could work in the show, but Mrs. Nellessen, Mrs. Gambel, and Mrs Berg made it work. It was an awesome time and I'm glad I did it!" stated senior Mallory Parsons.



"It will be sad to see them go, but I think it gives others a chance to step up into the spot light."

—Mike Simpson, 11



"This past year I became really close with a lot of seniors and April Antics, as well as Vikettes and Varsity Singers. It won't be the same with out them."

—Amanda Krupinski, 11



" It's emotional but they'll be moving on to bigger and better hurrahs."

—Mrs. Gambel

What will it be like losing the seniors that have performed in past years?



Senior Tim Westforth and junior Amanda Krupinski dance together as Raggedy Ann and Raggedy Andy.



Vikettes danced as the little girl, Kathryn Jankowski, slept in her room.

Sophomore Leeann St. John and senior Julia Monacy act out the Ginger Bread House skit.



Seniors Brianna Addis, Lindsay Carlson, and Brittney Nondorf sing as the Three Little Pigs.





Senior Libby Byrum plays Little Miss Mary and sings while watering her flowers.

» Did You Know That...

1» All of the dancers that performed were Vikettes except for one.

2» Between fifty and sixty yards of tissue paper were used for the flowers and scenery along with ten strips of ripe imitation.

3» Only minutes before the Saturday evening show, the fire alarm went off and students waited outside to reenter the building.

4» Juniors David Cousin and Mike Liner sold the most tickets for the show and both won $100 college scholarships.

New York, NY



Back row (L to R) Lindsay Carlson, Robbie Dunevant, Craig VanSoest, Erin Eickleberry, Marc A. Garza, Libby Byrum, Tim Westforth, Cami Kern, Adam Cronk, Pat Yokovich, Cara Kern, and Brittney Nondorf pose for a group photo before going to the dance.



"The best part was definitely the dance itself."

—Perrine Marcenac, 11



"The best part was the day after prom. It gave us more time to rest after a couple of sleepless days."

—Lauren Hall, 11



"We saw some incredible animals at the Lincoln Park Zoo the next day!"

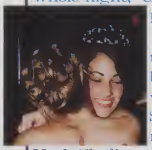
—John Schwehn, 12

What was the best part of your weekend?



It was a night to remember. As soon as 8:30 P.M. rolled around, the New York decorated style Expo Center gradually started to fill up with Valpo High School students, each formally dressed for the occasion. Hours of preparation all came down to this moment, prom.

"Prom was awesome! I got to see all of my friends and I danced the whole night," exclaimed junior Perrine Marcenac.



This year, the theme decided upon by the junior class was New York, NY. Students were surrounded by a New York Skyline and various sites such as the Empire State Building and the Statue of Liberty.

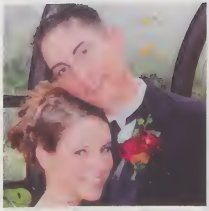
As always, the King and Queen were selected. Katie Ramierez was Prom Queen, and Jordan Heckard was Prom King.

"It was an honor to be picked out of the senior class. I wasn't expecting it, but it was a fun thing to be a part of," said Heckard.



Juniors Chelsea Nix and Richard Scuderi were also crowned Princess and Prince.

In the end, the weekend as a whole was a success. "For my last dance at VHS, it was a great one to end on," concluded Heckard.



Sophomore Marissa Taylor and junior Matthias Houldieson pose together the afternoon of Prom.





Katie Ramirez and Jordan Heckard smile after being crowned as prom queen and prom king.

Raine Hall and Brad Smolios spend the day at Six Flags the day after prom.



Senior Audrey Magee takes a break from dancing to snap some pictures.





Senior Nicole Novak and her date Alex Massa pose for a picture at Ogden Gardens.

» FAST FACTS...

1» Post Prom was called Last Stop Cruise Lines. It was held from 11:30 P.M. till 3:00 A.M. at the Expo Center and the 4-H building.

2» This year, sophomores were allowed to attend prom if they were asked by an upper classmen.

3» Post Prom included the Planetary Blues Band, a coffee house with Front Porch Music, a food buffet, games and prizes, Music Men D.J. Karoke, and Open mic.

4» The day after prom, popular things to do were: Going to Six Flags, camping out at Turkey Run, going to the beach, going in Chicago and going to the White Sox game.

Coming to an end...

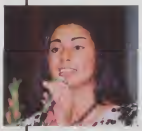


Graduating students wait intently in the gymnasium for their commencement ceremony to begin.



The 2004 graduation took place on June 2 at 7 pm in the Valparaiso High School Gymnasium. It was the 130th commencement ceremony for VHS.

The night began with retiring principal Kenneth Brist welcoming friends, family, and faculty to the 2004 graduation. The guest speaker of the night was John Pinkerton, who also attended his last graduation, before retirement.



Students reflected on their four years of high school while listening to the senior class song by the Beatles "In My Life".

Student speakers, Ryan Cunningham and Emily Garritson were chosen by the senior class to speak at graduation. Graduates Viviana Gonzales and Stephanie Jakich then performed for the graduates and faculty.

Students graduating with the Highest Distinction, Distinction, and those who earned the International Baccalaureate Distinction were the first to receive their diplomas.



Diplomas were presented by the Valparaiso Community Board Members and Administrators, and they were assisted by the 2005 class officers, Kayleen Wichlinski, Zac Henson, Jeff Livarchik and Katie Scannell.



"Lounging on a beach somewhere in South Africa."

—Matt Weber, 12



"I will be an architect working on the East Coast."

—Stephan Hrivnak, 12



"Standing in front of a classroom wearing one of those cute little dresses that elementary teachers always wear!"

—Lindsey Stout, 12

Where do you see yourself in ten years?



Mr. Brist congratulates May Kwok after receiving her diploma.



Assistant Principal Michael Pavell and retiring Principal Kenneth Brist lead the class of 2004 into the gymnasium.



Teacher John Gutierrez speaks with seniors Brad Martz, Tim Kucharski, and Ryan Nuppnau before graduation begins.



Retiring teachers, Marcia Arnold, John Pinkerton, and Diane Moryl attended their last graduation.



Graduates Julia Monacy and Brian McMillan pose for a picture after

»

1» Seniors Ryan Cunningham and Emily Garrison were selected by the graduating class to speak at the commencement ceremony.

2» Mr. John Pinkerton ended his last year before retirement at Valparaiso High School by speaking on behalf of the senior class at graduation.

3» The call of class roll was done by Mr. John Knauff and Mr. John Davis.

4» Members of the National Honor Society wore gold tassels. Gold stoles were worn by the International Baccalaureate Diploma Candidates.

Seniors



As always, senior year flew by in a blur of parties, dances, and final farewells. But while most upperclassmen were busy filling out college applications and buying outfits for prom, senior class officers had much to worry about. Not only did they prepare for school activities and senior ceremonies, but they spent hours planning out these very events.

It all began during the first month of school, as those elected to lead the senior class gathered for the first weekly meeting. From then on, every Thursday, president Shawna Kennedy, vice president Emily Garritson, secretary Jaime Koch, and treasurer Brianna Addis met with the other 26 members of student council to plan out the 2003-2004 school year. Between sign ups, announcements, donations, and dues these four along with help of representatives, had little more than fifteen minutes to discuss matters such as the ever-approaching graduation ceremony. This may have seemed chaotic and stressful, but it was business as usual for Addis. Having been a part of student council since her sophomore year, Addis knew that it took a lot of hard work and dedication to be a class officer. During her final year, she organized major events such as the baccalaureate, the senior banquet, and of course, graduation. She especially paid attention to the smaller details, like promoting school functions through signs posted in the hallway and ordering flowers for the end of the year ceremonies.

But despite having so many responsibilities, Addis never lost sight of her greatest goal, to get people involved. "I wanted to get as many students as possible involved in activities," explained Addis. "By joining clubs like student council, you can break up cliques and give everyone a chance to share their ideas," she explained.

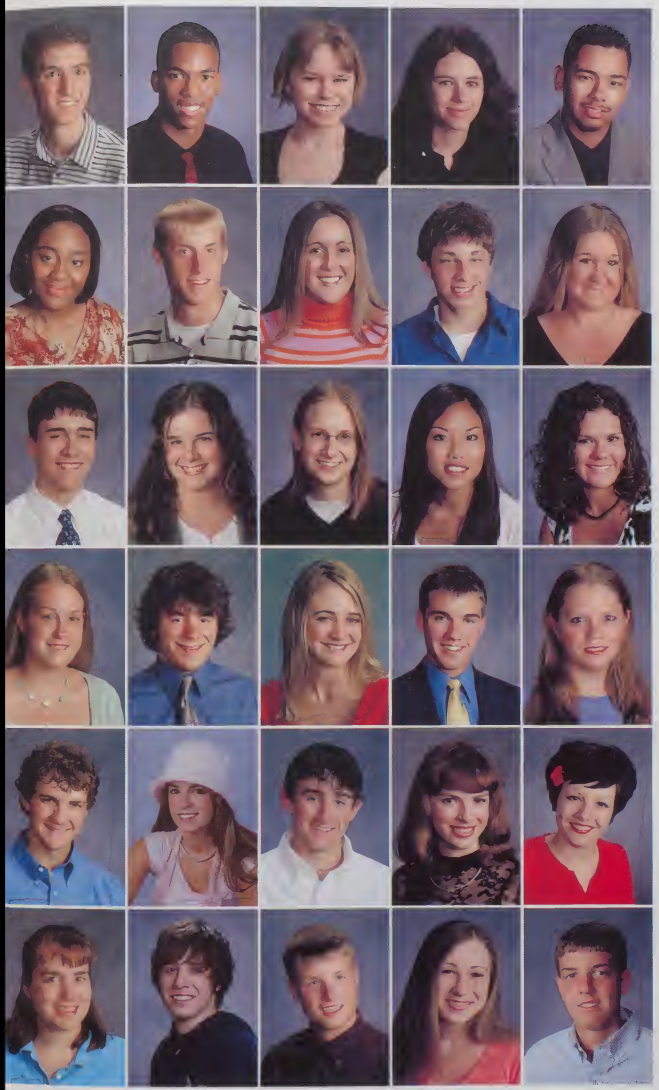
Garritson seemed to share the same ambition. "More involvement would be great," she admitted. "And not just because it looks good for colleges, but because you want to have fun."

Kacey Alexander
Ashley Allen
William Allen
April Anderson
Tabbatha Anderson



Mads Andreassen
Anthony Apostoloff
Lindsay Arndt
Ryan Balazs
Anthony Balbo





William Barker
Nathan Barksdale
Shawn Barnes
Elizabeth Baron
Israel Barrios

Dominique Bartee
Kyle Bartholomew
Trista Bavuso
Michael Bazin
Rachel Beach

Brandon Berry
Tara Beverley
Jessica Binder
Isidora Blando
Katy Blythe

Tatiana Bojczuk
Andrew Bonaventura
Rachael Bonich
Walter Booker
Valerie Brandenburg

Alexander Breitinger
Dana Bretz
Justin Bridgewater
Brigitte Brissette
Ashley Brown

Emily Brown
Michael Brown
Ryan Brown
Kori Brumley
Ryan Brunker

Leslie Bryan
Ashley Burgess
Betsy Burke
Walter Burke
Patrick Burnell



Michael Byerly
Bethany Byrem
Elizabeth Byrum
Megan Caldwell
Brian Calvert



Paul Canaday
Matthew Candiano
Lindsay Carlson
Paul Carrano
Nora Casey



Kari Chael
Patcharanun Chaiamonsup
Jonathan Charlson
Cassandra Chester
Jennifer Clarke

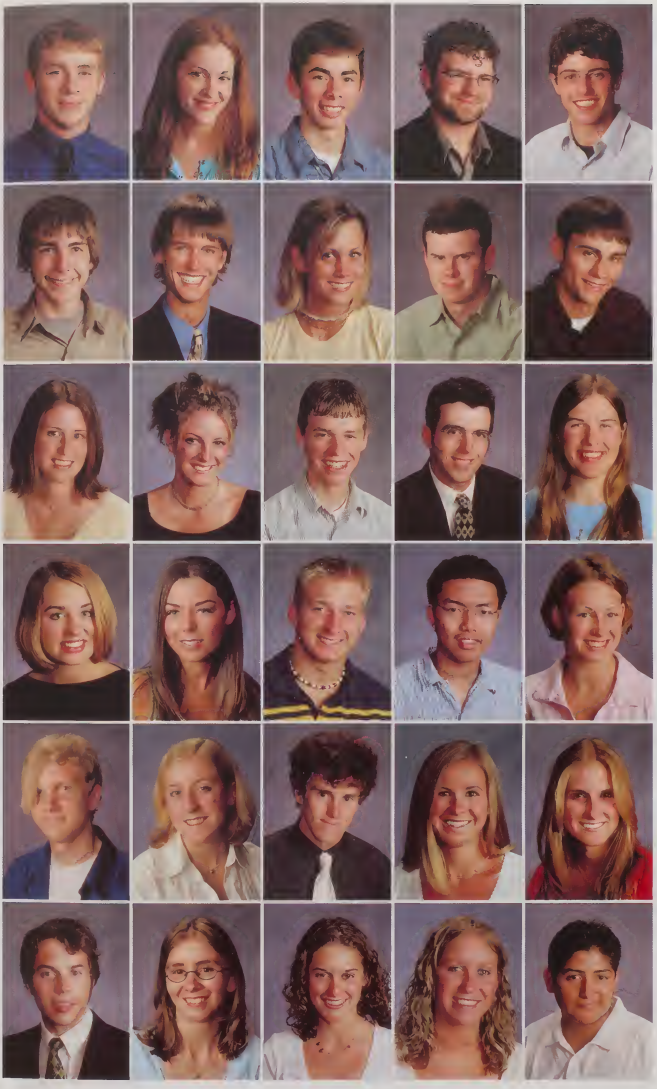


Audrey Claussen
Jonathon Coggins
Molly Colosino
Jac Cooper
Natalie Cooper



Cody Cornett
David Costas
Chris Cox
Steve Crenshaw
Diana Crew





Adam Cronk
Rebecca Crumpacker
Ryan Cunningham
Neil Davey
Brian Deardurff

Aleksandr Demko
Christopher Demorotski
Jamie Doane
Michael Doyle
Zachary Duis

Abigail Dunleavy
Ashley Dunlop
Jared Earhart
Elliot Elger
Laura Engerer

Erin Ennes
Ashley Evanovich
Adam Ewing
Joel Fabugais
Amy Ficken

Wade Filewich
Erica Fischer
Ryan Fleming
Emily Forbes
Megan Foreman

Steven Fournier
Jessica Freeman
Erin Frey
Erin Friedman
Eduardo Fuentes-Peralta

Brett Fuller
Emily Garritson
Jason Gaskell
Donna Gast
Joseph Gawdzik



Megan Geissler
Michael Ghilardi
Olivia Gingerich
Viviana Gonzalez
Nathan Goodwin



Ryan Goodwin
Elicia Gootee
Lindsay Gough
Mia Goulding
Kyle Granat



James Gray
Andrew Greenawald
Brandon Grunwell
Tony Gunter
Breanne Gustke



Amanda Gutridge
Matthew Hammond
Seth Hancock
Marisa Hansell
Troy Hanselman



Rachael Hardesty
Kevin Harkel
Erin Hawkins
Jordan Heckard
Amber Hedges



How much do you achieve in your 5 minute passing period?

1) When the bell rings are you...
a. already out the door due to your synchronized watch
b. gathering your things
c. still talking to your crush about what you did on Saturday night not even hearing the bell
d. looking up at a teacher standing over you telling you to wake up and wipe the drool off your mouth.

2) How fast do you get to your locker?
a. 10 seconds tops. 3 of which are used to tell your friends that you have your inhaler if you need it.
b. arrive at a decent time depending where your last class was
c. I only go if my friends are going to meet me there, don't want to be left a lone.
d. still haven't figured out the school's maze

3) Have you ever been late to class?
a. never in my life, including kindergarten
b.once or twice, everyone has their bad days
c. my best friend is the hall monitor
d. the administration has my face on the dartboard

4) How do you feel about the 5 minute passing period?
a. I always get to my class with time to spare
b. like most normal people I wish it were longer, but the sooner that school starts the sooner it ends
c. I only wish I had more time to talk to my friends
d. If it were 5 minutes longer I could get in my power nap

5) Do you go to the bathroom during your passing period?
a. I always hold it in, the doctors tell me bladder reconstruction is a fairly simple procedure.
b. every once in a while, when I have to go
c. oh, of course I have to check my hair, it needs to be perfect.
d. I live in the bathroom, my stall and I have become best friends.

6) When walking in the hallway, do you...
a. run as though you are being chased
b. go with the flow of the crowd
c. strut your stuff
d. wander around, hey, you'll get there eventually

7) When working your way down the hall do you...
a. push through anyone, main goal is getting to class
b. skillfully manuveur, you can duck, dodge, and weave
c. try and make eye contact and talk with every cute person you see
d. take several rest stops getting chips, going to the bathroom, and getting a drink in slow succession

8) When you're nearly to your class does the hallways look...
a. crowded and hustling
b. like a fair number of people are still there
c. like people frantically sprinting
d. a ghost town, complete with crumpled papers blowing across the floor

9) If you were to dump a binder or papers during passing period would you...
a. quickly gather them
b. gather and straighten
c. toss your papers on top, did anyone see you?
d. leave the papers, who cares?

10) When the last bell rings you...
a. are already pulling out of the parking lot
b. walking casually out with friends
c. stopping by everyone's locker to say goodbye
d. heading off to detention

ANSWERED MOSTLY A'S

"You don't waste a second! You like lists and prioritizing. Don't forget to stop and smell the Bosco sticks!

ANSWERED MOSTLY B'S

"You've found the balance between being frantic and free-spirited. You're on time to class and you are a high passing period achiever.

ANSWERED MOSTLY C'S

"You're a people person. Make sure your social life doesn't interfere with your passing period progress. Be sure to watch the clock to avoid being late.

ANSWERED MOSTLY D'S

" You don't really care about being efficient. You're constantly late possibly due to sleep deprivation. Try to go to bed early tonight.



Kaitlin Heinrich
Carl Hillesland
Jennifer Hoefler
Christopher Hoeppner
Terry Holder

Lauren Holst
Daniel Homan
Jessica Howell
Stephen Hrivnak
Jason Huber

Julia Hudson
Candice Huguenard
Hilary Huguenard
Autumn Hunt
Sarah Hunt



Kelsey Hupp
Heidi Hurley
Patrick Hurley
Lauren Hutton
Josva Ibrahim



Kathryn Ingram
Jeffrey Irzyk
Michael Jadrnak
Stephanie Jakich
Celess Janeway



Marie Janus
Tyler Jarvis
Michael Jindra
Amanda Johnson
John Travis Johnson



Matthew L. Johnson
Matthew R. Johnson
Lindsay Johnston
Bea Jones
Jennifer Jones



Kenneth Jones
Lauren Jones
Jonathan Joseph
Bradley Joyce
David Kacmarik





Andrew Kantroski
Callie Kardos
Jon Kasperan
Autumn Kaylor
David Keith

Kathleen Kelly
Rachel Kenis
Carrie Kennedy
Courtney Kennedy
Shawna Kennedy



"I turned the volume up on my phone because I was at a soccer game and I wanted to hear if someone was calling me," said senior Julie Martz. "After the game, my friends and I all went to Barnes and Noble. Normally, I didn't keep my phone very loud but I forgot to turn it down and right in the middle of an aisle my phone started ringing. I answered it and looked around at everyone staring at me."

It happened everywhere. In the middle of stores, at the movie theater, or even while one was trying to sleep, a cell phone would ring. Why did people feel the need to constantly keep in touch and chat on cellular phones?

Out of twenty-eight V.H.S. students surveyed, seventy-five percent said they owned their own cell phone. Of those students, about twenty-eight percent said they used them at least once per day. Over half said they used their phones three or more times per day. "I didn't have my own cell phone but I used my mom's whenever I went out," stated senior Megan Foreman.

Students could at times overhear someone discussing a pointless topic on their phone while annoying others around them with their nonsense chatter.

"There was a time and a place to use phones. Some people could just be quite obnoxious," said Martz's mom, Susan .

It was true many people couldn't leave their house without knowing they had their phone with them. People even kept their phones on in places that could be disrupted by a cell phone ring. Most couldn't wait till they were home to make a call or use a pay phone. Doctors, stock brokers, and lawyers needed to be immediately accessible, but most high school cell phone users were not in this category.

Martz and her mother both agreed that the right time to get a first cell phone was when you got your license. But what about driving while using a phone? There were a lot of people who were not giving their full attention to driving when using a phone. And hand held phones weren't the only problem. The AAA Foundation for Traffic Safety found that use of hands- free phones also contributed to inattention.

"Maybe it was just that people felt like cell phones were like their security blanket," said senior Shawna Kennedy.

"Unlock a treasure...that lasts a lifetime."

That was the motto of Midstates Photography in Hobart, Indiana, owned by Scott M. Briggs. He has b a photographer for over 12 years. His interest in photography was sparked by a television show about pho tographers in 1988. To some, Briggs may be known as a celebrity because five girls that he photographed were accepted into professional modeling agencies. His favorite types of clients were high school seniors because each one could be so unique.

Briggs has a lot of experience photographing seniors. He photographs 300-400 seniors a year, some five to six thousand since the inception of his career. His photography sessions last between 30 minutes and four hours. Briggs worked with seniors outside of the studio, which he thought was beginning to become a trend.

"These are the last formal pictures you will probably take. I want them to be special because this is a memory that I am going to have for the rest of my life," said Mrs. Salan whose daughter was senior Kate Salan.

"I was not entirely satisfied, but there were some things I liked about senior pictures. I was able to take them at the beach, which is one of my favorite places to go in my spare time," commented senior Kate Salan. She spent about $200 on her senior pictures, which were taken in Chesterton, Indiana.

However, senior Neal Monroe spent about $150 on his senior pictures, which were taken at the high school. Salan and Monroe both expressed that price did not play a role in their choice of photographers.

Briggs said that parents spend about $200 to $400 on senior pictures.

There were a maximum of eight outfit changes allowed by Midstates. The number of poses one desired determined the portrait package. Salan wore two different outfits for her senior pictures. Monroe, on the other hand, brought three outfits.

What a lot of seniors like to do now-a-days is go out of the studio to take photographs in order to make their portraits distinctive. Salan went to the beach, while Monroe stayed at the high school. "I got my senior pictures taken at the high school because it was more convenient," said Monroe. Others go to local barns, fields, or even Ogden Gardens in Valpo. Seniors also liked to take their pictures with their favorite animal(s) or their sport attire.

"Together, we'll create a memory you can be proud of both now and for years to come," said Briggs. Many said senior pictures were the most important portraits that one would ever take because these were the images that friends and classmates would remember for years to come.

Cara Kern
Christopher Kerns
Brent Kimmel
Melissa Klancer
Teela Kloss



Gregory Knapp
Jaime Koch
Charles Kochenash
Bryan Koleff
Benjamin Kolodzinski





Nicole Korilko
Renae Kotynski
Rachel Kuker
Alexa Kukulies
Sabrina Kunz

May Kwok
Jonathan Lambeth
Douglas Lang
Katherine Levanduski
Amber Lieneck

Daniel Lieske
Jacob Lieske
Andrew Lind
Thomas Linthurst
Melissa Lipscomb

Timothy Lozny
Laurie Lucchesi
Kevin Ludwig
Vincent Luongo
Jennifer Lute

Dana Majewski
Racheal Marchand
Bradley Martz
Julie Martz
Alex Massa

Megan Maynard
Michelle Maynard
Jared McCart
Zachary McConnell
Casey McKim

Christina McLane
Brian McMillan
Mary McMullan
Maureen McShane
Shedell Meneweather



Kyle Meyne
Daniel Michalak
Danielle Miller
Patrick Millian
Michael Minissale



Julia Monacy
Neal Monroe
Ashley Morgan
Ryan Morrison
Clayton Moseley



Mary Mudrich
David Mueller
Ali Murtaugh
Philip Nagel
Sara Naramore



Jeffrey Nelson
Jessica Newhart
Trevor Nightingale
Brittney Nondorf
Nicole Novak



Allison Nunley
Ryan Nuppnau
Chisara Nwabara
Sheila O'Neil
Elizabeth Orr





Lysette Ortiz
Hilary Ostafinski
Megan Overbey
Logan Owens
Mallory Parsons



Linda Partridge
Patrick Pawloski
Chelsea Payne
Benjamin Pease
Erik Pederson



Joel Pera
Scott Petersohn
Neena Phadke
Michelle Pietris
Ryan Pocratsky



Keith Pollock
Hollie Pope
Joseph Poropat
Rebekah Porter
Samuel Price



Stacy Price
Kyle Price
Christopher Psimos
Leah Publicover
Alicia Radtke



Katherine Ramirez
Matthew Ray
Karen Reed
Jonathan Reinert
Michael Reinhertz

Brittany Reyes
Timothy Rickard
Katelyn Ridlbauer
Leslie Rietveld
Alejandro Rivera



Sarah Robb
Andrew Rodenbarger
Amanda Rogers
Joshua Rogers
Erin Rose



Kristin Rose
Megan Rosenbaum
Crystal Ruffner
Kyle Rupert
Kati Rush



Katie Salan
Stephen Sandquist
Brian Schimpf
Molly Schur
Rand Schwan



John Schwehn
Martha Schwehn
Amber Scott
Amanda Scully
Samantha Seeger



Andrew Seibert
John Shaffer
Tahreer Shatat
Heather Shaw
David Shinabargar





Angela Shiplov
Andrew Silhavy
Katie Slack
Christopher Smith
Savannah Smith

Ashley Smithey
Joshua Smock
Bradley Smolios
Chadwick Smolios
Peter Snoek

SERVICE LEARNING

Valparaiso High School offered a variety of service learning projects for students to work on throughout the year. Service learning was about having people learn from the volunteering they participated in.

The idea was to help students realize the value of giving back. Service learning workshops even entered the school this year for teachers and students, which were day long events. Participants were trained in developing and following through with the individual projects they came up with during the workshops held by Pat Swanson.

"I was glad to help the high school out I am a strong believer of giving back and it was great to see the enthusiasm from the students," replied Swanson.

At the workshop, students developed their own service learning projects which ranged from creating their own club to starting up a tutoring program at elementary schools. "The workshop was so much fun and we all got great ideas on projects we could do. We both decided that we were going to start a service learning club at the high school," exclaimed juniors Katie Scannell and Elise Snell. The girl's project included each month picking a different organization in Valparaiso that could use some extra help and donating the student's time there.

Many programs have been introduced this year such Building Up Girls (B.U.G.), a mentoring program that pairs high school girls with middle school girls and CASS which centered on helping younger kids deal with their problems in nonviolent ways.

"The B.U.G. program was awesome. I could really see the changes I was making in these girls lives," claimed junior Heather Hontz.

Some students in pursuit of the International Baccalaureate (IB) diploma were required to have over 100 hours of volunteering. The IB Diploma was the most challenging to graduate with. Many of the students who received the Diploma chose to spend their hours on service learning projects such as creating their own club.

Many students loved the feeling they received from participating in service learning projects. "These projects had a positive effect on people. It made you appreciate the things that you have in your life, and you live your life in a more fulfilling way," remarked junior Richard Scuderi who was a member of the CASS team.

Everywhere students turned, there was an opportunity to join a service learning project or just create one's own. "By getting involved, it opened up a whole new world of experiences," Scuderi professed.

Joshua Spencer
Ashlee Stabler
Sarah Stack
Sean Stanley
Adam Steiner



James Stewart
Danielle Stipp
Samuel Stoner
Lindsey Stout
Ronald Strainis



Shannan Stryjewski
Evan Summers
Benjamin Sundy
Madison Sunnquist
Ryan Sutton



Stephanie Swets
Sara Swinehart
Charlene Swinney
Jeremy Taylor
Lauren Taylor



Lauren Thibodeau
Brandon Thomas
Elizabeth Thompson
Ashley Thoreson
Jeffrey Threlkeld



Logan Tippins
Brett Townsend
Cassandra Tran
Anthony Tratar
Rayanna Tressler





Amanda Tryon
Matthew Turk
Sara Turner
Nora Vail
Timothy Vanlaan

Jena Vaughan
Jessica Venturini
James Volpp
Trevor Voss
Shane Vouga

Open Stage at Front Porch

"The stage is not merely the meeting place of all the arts, but is also the return of art to life." Oscar Wilde, an Anglo-Irish playwright and author said that in London in May 1885. Although said centuries ago and miles away, it held true today at Open Stage night at Front Porch Music.

Open Stage allowed one not only to perform music but also to listen and enjoy it. There, you could be a performer, an audience member, or both. Music was not the only art showcased. Throughout the room, there were many paintings and other various artworks displayed, and the hosts of Open Stage urged artists to come and practice sketching of the human subject.

The setting for the music-filled evening was in the basement of Front Porch Music, which has been converted into a 72 seat coffee house. The room contained tables and chairs where audience members could sit and drink coffee, tea, or hot cocoa that could be purchased there.

"I liked to attend Open Stage because it was a great place to hang out with my friends and I liked to listen to all of the really talented people that played," stated sophomore Alisha Garrison who has been attending Open Stage for the past year. Garrison's favorite Open Stage performer was *Last Call* and she thought about playing there once. The acts varied from people living n Valparaiso and Porter County to traveling musicians from all over the country.

Performers of all ages were welcome to play any genre of music or any instrument. The night opened with a featured artist at 8p.m. that lasted until 8:30 p.m. The featured performer then acted as a host for the rest of the evening, introducing the following acts and working the soundboard for them. Each act following the opening one played 2-3 songs, depending on length, which usually lasted 10-15 minutes.

"I really liked open mic nights because it was different every time that you went. You ne ver knew what to expect or who was going to be playing," said junior Kel McNiel who has been attending Open St ge for the past 2 years.

Open Stage was held at Front Porch Music which was located at 505 E. Lincolnway in Valparaiso. Open Stages were held every Thursday and also on some weekends when there was not another show at that time. People wishing to perform that night could register to play when the doors opened at 7 p.m. The cost was $2 for performers and $3 for audience members only.

Ashley Walters
Matthew Weber
Christopher Weeks
Rachel Weideman
Kurt Westerhausen







Timothy Westforth
Laura Wheat
Heather Wickstrom
Blake Williams
Stephanie Wisner







Elizabeth Wolfe
Austin Yim
Patrick Yokovich
Jennifer Yover
Danielle Zale







Samantha Zic
Eric Zosso
Julie Zulich





You know you are a senior when...

* You can feel the lusious, plush carpet beneath your feet at lunch
* Your Auntie Edna dies and you come to school anyway so you won't lose an exemption point
* Your hardest class is advanced bowling
* You go to the football games as a green and white Braveheart
* Visions of college-to-come dance in your head
* You can look back on the experiences that shaped you and look forward to your life
* You are counting down the days until graduation
* Sweating over your last exemption point
* Pull seniority on everything possible
* You get senioritis

How Big of a Slacker are You?

1) You are assigned to read a book and write a report about it for English. You are given one month to do it. You:
a. start working on it right away
b.wait until the final night
c.buy the tape/movie
d.book report?
e.copy a friend's report
f.say your cat ate it

2) You're sitting on the couch at home and you get a craving for chips, but they are across the room. You:
a. build a machine out of paper clips and earwax
b. you get up and get them
c. you whine until someone gets them for you
d. starve until dinner
e. call your friend and have him get them
f. pull a 2-week-old sandwich out from under the couch and decide on that instead

3) You are failing a class and you need to attend the extra credit lecture to pass. You:
a.get up and attend without question
b.hide a tape recorder in the room so you have all the info
c.liked the class so you won't mind taking it again next year
d.get notes from a friend
e.sleep through it
f. I'm in a class?

4) You are given some problems and have a chance to finish
it in class. You:
a.use your notes
b.finish in 3 seconds, it's easy
c.use a calculator
d.look off a friend
e.look in the back of the book
f.what assignment?

5) You don't join the sport team of your choice because:
a.you don't want to work
b.you have to make it home in time for *Seinfeld*
c.you're a 3-sport athlete, you always join
d.you don't like the coaches
e.you're not "good at sports"
f.the school has sports?

Points:
1) a.1 b. c.3 d.4 e.5 f.6
2) a.1 b.2 c.4 d.5 e.6 f.3
3) a.1 b.2 c.4 d.3 e.5 f.6
4) a.2 b.1 c.3 d.5 e.4 f.6
5) a.5 b.4 c.1 d.2 e.3 f. 6

5-11: you work hard, you don't slack and achieve expecations
12-18: you slack a little, you do your work but every once in a while you forget
19-25: you do a little work, but when it comes to slacking you know what you are doing
26-30: you are a grade A slacker, you would rather have the machine answer the phone then picking up the receiver yourself.

The names of winners are highlighted and pictured.

SENIOR

BEST SMILE

Walter Booker
Doug Lang
Ryan Nuppnau



Shawna Kennedy
Lauren Jones
Leslie Rietveld

BEST PERSONALITY

Tim Rickard
Walter Booker
Adam Steiner



Katie Ramirez
Lauren Jones
Mary McMullan

MOST LIKELY TO SUCCEED

Andrew Rodenbarger
Alex Breitinger
Kevin Ludwig



Martha Schewhn
Emily Garritson
Lauren Jones

DRAMA KING/QUEEN



Nathan Barksdale
Drew Bonaventura

Trevor Nightingale

Lindsey Stout
Lauren Taylor
Danielle Zale

MOST LIKELY TO NEVER RETURN TO VALPO

Mads Andreassen
Myles Clarke
Jon Joseph



Mia Goulding
Megan Geissler
Julia Hudson
Rachel Kuker

MOST LIKELY TO STAY IN VALPO

Ryan Nuppnau
Mike Bazin
David Costas
Jake Lieske



Lauren Hutton
Jessica Binder
Mallory Parson

WORST DRIVER

Ryan Sutton
Jac Cooper
Elliot Elger



Megan Rosenbaum
Breanne Gutske
Leslie Rietveld
Erin Rose

BIGGEST FLIRT

Drew Bonaventura
Adam Ewing
Mike Ghilardi



Lauren Holst
Natalie Cooper
Lysette Ortiz

ROYALTIES

BEST MUSICAL TALENT

Tim Rickard
John Schwehn
Tim Westforth



Viviana Gonzalez
Stephanie Jakich
Danielle Zale

MOST LIKELY TO TAKE OVER THE WORLD

Evan Summers
Adam Cronk
Mike Ghilardi
Jon Joseph
Tim Rickard



May Kwok
Martha Schwehn
Nora Vail

MOST ARTISTIC

Chris Weeks
Tim Lozny
Ben Pease



Shawn Barnes
Ashley Brown
Chisara Nwabara
Sara Swinehart

MOST CHANGED IN APPEARANCE

John Lambeth
Alex Breitinger
Ryan Brunker



May Kwok
Ashley Dunlop
Rackel Kuker

CLASS CLOWN

Ryan Cunningham
Tim Rickard
Logan Tippins



Audrey McGee
Natalie Cooper
Jaime Koch

BEST DRESSED

Walter Booker
Nathan Barksdale
David Costas



Lauren Jones
Renae Kotynski
Chisara Nwabara
Danielle Zale

BEST COUPLE

Ben Kolodzinski
Jac Cooper
Brad Joyce



Brianna Addis
Emily Garritson
Erin Friedman

BEST ATHLETE

Ryan Nuppnau
Brent Kimmel
Brian McMillan



Rebekah Porter
Leslie Bryan
Lauren Hutton
Megan Maynard

MOST LIKELY TO FALL IN A MANHOLE

Austin Yim
Ryan Brunker
Ryan Sutton



Rachael Marchand
Katie Ingram
Jenny Lute

BEST HAIR

Logan Tippins
David Costas
John Schwehn



Heather Shaw
Chisara Nwabara
Martha Schwehn

Juniors



Prom was easily the most popula
and most talked about dance. But did
you ever think about who the master-
minds were behind it?

"Juniors were responsible for pro
so when prom was awesome it gave me
chance to really have a positive impact
on the entire student body," said presi-
dent Richard Scuderi. The juniors
started planning for Prom at the begin-
ning of the school year.

Being an officer required a lot
more volunteer work and extra responsi-
bility such as raising a lot of money for
prom and building a homecoming float.
However, it was not a problem. "All of
us worked great together. We were re-
ally hard working and all of us were o
the same page, which was a major factor for success," replied junior class treasurer Ti
Patterson. "It felt good to step up to the challange."

On top of being in charge of prom and making a homecoming float, the class officer
set other goals. "I hope I involved my class as much as possible and got all of my
class members to care about what they were doing and recognized the fact that they
could make a difference," said Scuderi.

Not only did the class officers have to be a representative for their class, they also
had to be leaders and took on extra responsibilities.

"Overall, it was a fulfilling job," summed up Scuderi.

Barbara Abbey
Crystal Aguirre
Nazur Ahmed
Joshua Allen
Kenneth Allen
Margaret Anderson
Michelle Anderson



Kyle Lee Andrews
Alexandra Apostol
Nicklas Armellino
Andrew Armour
Sarah Asher
Mazen Atassi
Ashley Austin



Francisco Ayala
Emily Baas
Anthony Baker
Lauren Baker
Alex Bales
Kristen Banschbach
James Barker





Colleen Barry
Andrew Barton
Beni Bazan
Nicole Bene
Jillian Bennett
Caroline Bertram
Jillian Blakley

Travis Blane
Karlee Blanks
Rhea Blasko
Courtney Blomquist
Shannon Bock
Danielle Boer
Michael Bonick

Jimmy Borovilos
Fred Bosse
Jeffrey Brandt
Laura Breen
Anna Bremer
Stephanie Brooks
Peter Brown

Kayla Brumley
Katherine Bryant
Jessica Bucks
Ashley Budd
Katelyn Bullman
Jennifer Bunton
Alexander Burke

Zachary Burns
Chelsea Button
Trevor Callahan
Manuel Campos
Travis Canaday
Paul Canadine
Kristin Cannon

Bryan Carberry
Jazmin Cardenas
Vanessa Carna
Ashley Carpenter
Bryan Carr
Colleen Casey
Angelo Catania

Bryan Chappo
Agatha Chojnacki
Evan Christian
Nathan Christner
Stamatina Christodoulakis
Alexandra Christopher
Brandon Christy

Jennifer Chuprinskas
Rachael Cicillian
Steven Cinko
Craig Clark
Kristine Clark
Wyatt Clarke
Christy Claypool

Thomas Coggins
Laura Coleman
Sara Collins
Owen Compton
Craig Conn
Alyse Cooley
Chad Copeland

Jessica Cotton
Levi Cowsert
Jennifer Crabtree
Brandon Creech
Jason Crowe
Christopher Cunningham
Erin Dalton

William Daunora
Tara Davis
Daniel Defries
Victor Delafuente
Michael Denny
Bradley Diekow
Kristyn Dimitroff

Brandon Dineen
Jillian Doneske
Alexander Donkie
Katherine Drakos
Sarah Duda
Kathryn Dugan
Kathryn Dulla

Justin Duncan
Susan Dziczkowski
Anthony Earhart
Steven Edwards
Belinda Eichelberger
Alicia Ellenberger
Athena Evan

Courtney Evans
Molly Evans
Shane Evans
Vincent Fabugais
Mary Fagg
Eric Fait
Xiang Feng

Kellye Fitzgerald
Shaun Fleeger
Lisa Floran
Kathryn Fodness
Elliott Fortin
Jennifer Fox
Kathryn Franz

Patrick Frataccia
Rolando Fuentes
Fay Gammon
Evan Garbison
Mark Garza
Benjamin Gavelek
Benjamin Gettleman

Bo Gilliland
Ashley Glaser
Philip Gleason
Andrew Goldschmidt
Damon Goodrich-Houska
Margaret Graber
Elizabeth Graham

Lesley Green
Timothy Gronek
Richard Gross
Charles Grossman
Laura Groth
Julian Guhrs
Byron Hadley



You Know You Are a Junior When...

1. You constantly refer to yourself as an "upperclassman".
2. Your parents start dragging you to every college.
3. You endlessly compare SAT scores with everyone else.
4. You finally begin to realize who you are, as well as your true friends.
5. You do not mind standing up for yourself.



Lauren Hall
Ben Hamilton
Crystal Handing
Jon Hanselman
Ernest Hasselbring
Kelsey Hawk
Ashley Henderson

Joshua Henderson
Devin Henson
Zachary Henson
Jason Heroldt
Danielle Heuring
Laura Hill
Eric Hills

James Hockett
Shannan Hoffmann
Amanda Holesinger
Heather Hontz
Kathryn Hood
Bradley Horn
Matthew Hornyak

Matthias Houldieson
Austin Huck
Bryan Hughes
Benjamin Hull
Lindsay Humes
Megan Hunt
Maria Huyette-Arrizza

Sarah Irelan
Scott Izynski
Christina Jamison
Daniel Jeftich
Ashleigh Johnson
Erica Johnson
Francesca Johnson

Megan Johnson
Michele Johnson
Zachary Johnson
Michael Johnston
Nathan Jones
Robert Jones
Jagan Kansal

Lydia Karjaka
Tami Kearns
Jonathan Kehe
Matthew Keller
Brian Kelly
Pierce Kelly
Joseph Kendall

Adam Kepa
Cassandra Kerns
Jodi Kerwin
Hussam Khoury
Lara Kilarski
Jamila Kilian
Sarah Kinder

Raka Kingsland
Abigail Kline
Erin Knauff
Terribo Kohn
Brian Kolada
Geoffrey Kolodziej
Nicholas Kopack

Nicholas Kovachevich
Kandyce Kraker
Justin Krenz
Rachel Kretzmann
Rebekah Kretzmann
Stephanie Krizmanich
Lauren Krueger

Amanda Krupinski
Joshua Kucharyski
Michael Kulick
Alyse Kupsis
Angel Lamprecht
Andrew Larr
Hunter Lawson-Lloyd

Yanaira Lebro'N
Kyle Leer
Eric Leland
Douglas Lenz
Bethany Lewis
Matthew Lewis
David Light

Brian Lindsey
Michael Linert
Michael Lippelt
Elizabeth Listman
Jeffrey Livarchik
Ashley Livovich
Nathan Loden





Valerie Logsdon
Ryann Lomas
Laura Lopez
Nicole Loutzenhiser
Samantha Ma
Beth Maack
Eric Macaluso

Katelyn Macke
Kara Maclean
Elise Magno
Heather Mahan
Rebecca Malmquist
Benjamin Malone
Caitlin Malone

Alex Malott
Hrisovalantou Mamouzelos
James Manago
Matthew Manolakis
Perrine Marcenac
Josephine Marcinko
Kyle Markovich

Daniel Marshall
Madeline Mason
Samuel Matias
Ashley Matthiesen
Christopher Mauck
Luke McAfee
Sean McBride

The Dreaded Test

Students reluctantly filed into the classroom and took their seats. Finally, the teacher called for silence and began to pass out answer sheets and booklets. This seemed like an ordinary day at school with students taking an ordinary test. But actually, it was early Saturday morning and the students were not taking just any test, they were starting the SAT exam.

"I studied as much as I possibly could, but I still had this fear that I would walk in and forget everything," said junior Elise Magno. The SAT score students received determined which colleges they would be accepted. The score reflected how well their reasoning skills were, and their understanding of fundamental verbal and mathematical concepts.

Students could also take the ACT test. Junior Tuyen Truong considered the ACT test but opted for the SAT to get a little more practice. "I knew most colleges look for SAT scores, so I was a little nervous about it."

"Even the basics such as not waiting until the last minute to study, getting a good night's sleep, and having a good breakfast could make a difference," said counselor D. Gow

Scott McClure
Molly McGowan
Matthew McGuire
Stacey McGuirl
Mari McKanna
Aaron McMeans
Kellie McNeil

Collin McShane
Austre Berta Medina
Nicholas Mercaldo
Stephanie Mertz
Karin Mick
Sarah Mihalich
Brittany Millar

Justin Miller
Steven Miller
Christopher Minnix
Timothy Mittelstadt
Jaclyn Moeller
Natalie Moldstad
Lisa Monroe

Jonathan Moon
Jordan Mooney
Shane Mooney
Micah Moore
Aaron Morgan
Randy Morgan
Amanda Morin

Amber Morris
Ashley Morris
Patrick Mullins
Robert Mundo
Morgan Murphy
Rachel Murray
Lauren Neff

William Neff
Allison Neuberg
Quyen Nguyen
Christopher Nichols
Michael Nichols
Ryan Niketh
Chelsea Nix

Nicholas Nondorf
Jonathan Norman
Nicole Nuzzo
Britta Nyborg
Katherine O'Carroll
Danielle Odar
Jay Oglesby

Cameron Oleson
Richard Olovich
Caitlin O'Malley
Erin O'Malley
Richard Ombrembowski
Justine O'Neill
Christian Oppermann

Ryan Osburn
Geoffrey Osika
Brandy Parker
Nicholas Parks
Amanda Parry
Timothy Patterson
Sarah Patton



Maintaining Healthy Lifestyles

The teen years were a critical period of development for humans. Teenagers faced changes in their biological, emotional, and physical makeup and their social relationships. If teens devoted their energy to something that made them feel good about themselves, they grew emotionally as well as physically. One thing they could direct this energy to was appearance. For many people, not just teenagers, image was a big part of life. The saying "when you look good, you feel good" often popped into everyone's head at some point in their life. For most people, this point was most prominent during their teenage years.

The rise in more teens becoming self-conscious was here. A survey conducted by Shape magazine revealed that now more males were beginning to become more self-conscious of their bodies. There were social influences that impacted what teenagers ate. One of the most important influences was the pressure to be slim. Television and the media put a lot of pressure on both girls and boys, and they ended up having unrealistic views on how they should appear to the opposite sex. The media puts a lot of emphasis on boys- that they eat a lot and should be macho. Therefore, it led boys to feel insecure with themselves, just like girls have been feeling for so long.

"The media made teens feel insecure about the way they looked. High school was hard enough without having to worry about what you looked like," commented senior Alex Massa.

Even though teens wanted to have "the perfect body", some did not know how to go about getting it. Knowing what teenagers should be eating and putting that into practice were separate issues.

Good health involved operating at one's best with the mind, emotions, and systems of the body working together as one. Teens were motivated by their desire to look good, feel good, and to be accepted by their peers. The principles of good eating and the concepts that related to diet and weight control are very important to develop good habits while teens are young.



Lindsay Pavell
Michael Pejoski
Jennifer Peller
Jenna Perry
Elizabeth Peruski
James Petersen
Michelle Phelps

Emily Phillips
Catherine Pierce
Michael Piet
Phillip Pimentel
Nicole Pluchinsky
Anna Podoll
Jessica Porucznik

Joshua Pritchett
Kyle Prow
Nicholas Puaca
Breanne Pynakker
Marcia Ransom
Robert Reed
Kyle Regal

Kirsten Reinhold
Erin Renn
John Richart
Richard Ringer
Anthony Ritter
Zachary Robinson
Sarah Rodenbarger

Elizabeth Rodriguez
Emily Rogers
Melissa Rompola
Alexandria Rosenbaum
Amanda Rosenbaum
Daniel Rosselot
Clare Rowland

Tim Rozendaal
Chad Russell
Miranda Russell
Brittany Rust
Crystal Ruvalcaba
Kira Saary
Kelly Salazar

Rachel Santay
Drew Sarkisian
Kane Sarkisian
Ilise Sarver
Rachel Sarwacinski
Baron Saterbak
Kathleen Scannell

Sharie Schaeffer
Jeff Scheeringa
Abagael Schmidt
Steven Schmidt
Brittan Schroeder
Elizabeth Schroeder
Christopher Scott

Richard Scuderi
Timothy Serbin
Andrew Sharpe
Kevin Shea
Ashley Shell
Edward Sheptak
Kristen Sidor

Megan Simpkins
Kathryn Simpson
Michael Simpson
Sherri Skinkle
Erin Slack
Christopher Smith
Elise Snell

Daniel Sontag
Amber South
Allissa Spelde
Melissa Springsteen
Emily Stark
Joy Stefanski
Gregory Steingass

Thomas Steingass
Megan Stephan
Tye Steuck
Matthew Stipp
Caitlin Stockwell
James Stolarz
Danielle Stolpe

Richard Strainis
Kara Strehler
Timothy Surber
Gary Susdorf
Hillary Swardson
Rebecca Szmagaj
Bradley Szpakowski





Suzanna Szrom
Benjamin Tallman
Julie Tanner
Kyle Tapp
Natalie Thomas
Branden Thompson
Elizabeth Thompson

Kelly Thorpe
Brandon Tran
Benjamin Turk
Brandi Tutterow
Brandy Tuttle
Stewart Tyler
Jonathan Ufer

Alexander Urban
Andrew Vahary
Eva Vandergrift
W. Craig Vansoest
Laurie Vaughn
Aaron Vincel
Jason Vogelpohl

Brittany Waelde
Wes Walczynski
Heather Walton
Kellie Watkins
Daniel Watts
Rebecca Wells
Matthew Welter

Andrew Wendahl
Melissa West
Michael Westfall
Jessamyn Wheeland
Andrew Whitehead
Kayleen Wichlinski
Christopher Wiggins

Cameron Williams
Laura Williams
Lindsay Williams
Nicole Wilson
Julie Wisner
Whitney Wojtkowski
Scott Wolff

David Wood
James Wright
Christopher Wrobel
Laura Wunder
Robin Yim
Aaron Yover
Kevin Yu

Stephanie Zaharias
Michele Zampillo
Stephen Zaradich



Sophomores

The sophomore class officers took action and results. They worked hard, planning fundraisers an community service events.

Each week, student council members went ov old business, celebrating successes and learning f mistakes. The sophomores interacted to formulate n ideas and express their opinions. With over 50 students involved, those working together became more comfortable making their voices heard.

"It made you more outgoing" said sophomore president Holly Sontag. She joined student council further develop "good leadership".

Gaining leadership was part of the vision fo student council members. "A good leader finds peoples strengths and uses them"said sophomore president Ian Colando. Ian president of the sophomore class, Colando learned to better handle conflicts and to work mo efficiently. If he could make one change at VHS he would get rid of the "social restrictions" and "lessen the power of cli ches". The most important lesson Colando has learned was to "Not give up and have faith in your fellow students."

In student council, members learned to work together and to accomplish goals. The council was comprised of both and honorary members. "The goal is involve more students," said sophomore treasurer Seneka Reinecke about a possible change in student council. He believed that the more diversity there was within the council, the more good ideas could be had. He said that student council was valuable because it "taught how government worked"

Sophomore secretary Ian Kennedy learned a lot about student council, as this was his first year. Encouraged by friends Kennedy ran for secretary and was pleasantly surprised. "In student council, you have a good time talking to each other."Kennedy also learned valuable life skills. As a secretary, he improved his note taking skills. A challenge that Kennedy faced head on, was being nice to the other council members. Kennedy said that working with others taught him accept their differences. Comparing the enjoyment of student council to another happy moment, Kennedy said that it was " right before Christmas Break, when the lunch ladies give out free candy with your meal" on those days he "soul just fe with jubilation"

Student Council was composed of many students with varied, valuable points of view. In student council, they learned express their ideas and work together for the good of the school and the community.

Sarah Albers
Billy Allen
Eric Allen
Sheldon Alt
Brittney Alyea
Alexandra Andrejevich
Petar Arsenijevic

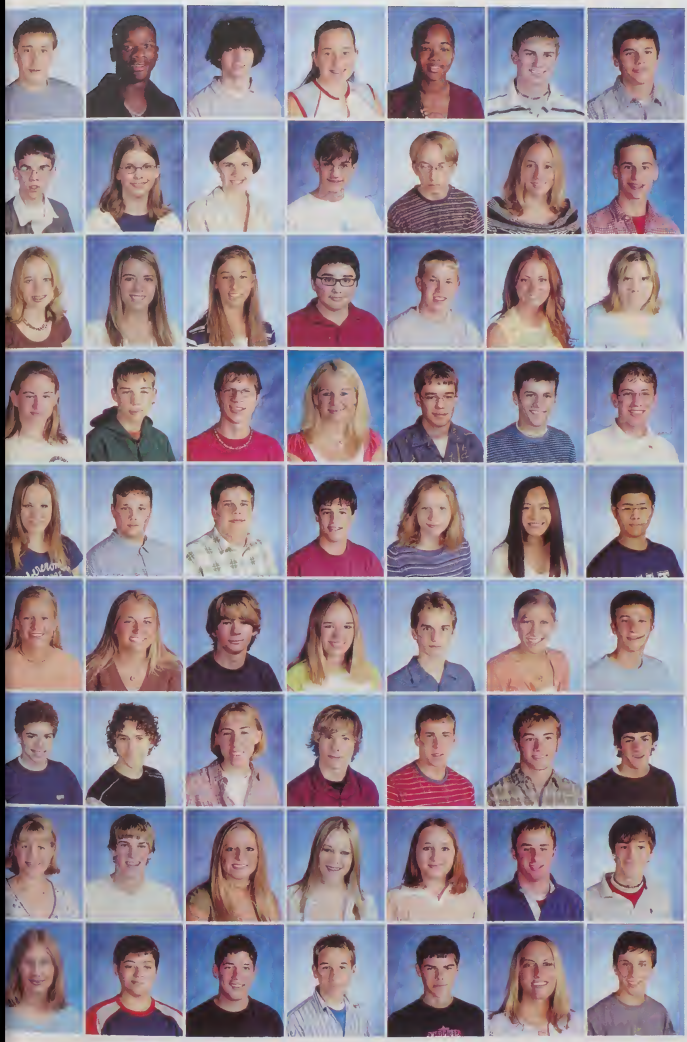


David Arzola
Nikke Ault
Andrew Baker
Alexander Balingit
Sarah Barker
Michael Baron
Emily Barry



Matthew Basile
Matthew Baum
Marie Bautista
Matthew Beach
Sarah Beigh
Erica Bengel
Benjamin Bennett





James Biagi
Aaron Biggs
David Black
Laura Blackburn
Taunia Blake
Thomas Blythe
Robert Bober

Matthew Bonick
Jane Bowker
Elizabeth Boyce
Joshua Boynton
Matthew Bradney
Melissa Bradney
Garrett Brincko

Christine Brown
Kirstin Brown
Megan Brown
Nicholas Brown
Jeremy Bruno
Lauren Bryan
Stephanie Buck

Carly Butterfield
Dustin Byrem
Justin Caddy
Krista Calloway
Eric Calvert
Keith Carlson
Nicolas Carullo

Tiffany Casey
Richard Casler
Richard Cernauskas
David Chace
Keely Chaisson
Quynh Chau
Jonathan Chen

Lisa Church
Rachael Churchard
Christian Clark
Katrina Clark
Matthew Claysen
Chally Clem
Paul Coburn

Luke Coleman
David Conison
Kaitlyn Cook
Jason Copeland
Brandon Cornett
Joseph Corsbie
Alexander Costakis

Karli Costalunga
Evan Costas
Brittany Cowan
Mallory Cowley
Amanda Crawford
Corey Crew
John Cribbs

Shauna Croarkin
David Cross
Robert Cuellar
Paul Cunningham
Sean Cunningham
Samantha Daniels
Johnathan Darrow

Smita Das
Matthew Davis
Kathryn Dehring
Marisa Demko
Jillian Demorotski
Ryan Denike
Kelsie Devries



Kyle Dinwoodie
Belinda Dobbins
Eren Dogruyol
John Dougherty
Timothy Douglass
Jacob Doxtater
Jennifer Doxtater



Sarah Dravet
David Dravininkas
Christopher Ducat
Ashley Dudash
Steven Dudek
Seth Duis
Robert Dunevant



Joshua Earhart
Kelsey Eichelberg
Kirsten Ellison
Samantha Engel
Carolyn Engerer
Emily Erftenbeck
Andrew Ewing



Lisa Fejer
Natalie Fisher
Lisa Fitzgerald
Erica Foreman
Emily Fortener
Madelin Foster
Tressely Franko



Ashley Fredericks
Bret Freeman
Jared Frey
Karley Gaither
Andrew Gambel
Alisha Garrison
Stephen Garritson



Edward Garwick
Jenna Gathmann
Michelle Geer
Renee Gildein
Katherine Godbey
Kelly Goffiney
Ian Golando



Katie Gonzalez
Sarah Goodaker
Erich Goranson
Valerie Graham
Sandra Grant
Laura Grayam
Jolene Grcich



Samuel Grossnickle
Julia Groves
Saara Hafeez
Brittney Hall
Michael Hammond
Stephanie Hanchar
Tim Handlon



You know you're a sophomore when...

a) you realize how much of an idiot you were as a freshman
b) your science classs is harder than your math class
c) 40 beady eyes peer at you as you try to deliver your speech on "the evils of Microsoft"
d) you can finally go to your next class and you're no longer wet or sweat covered from PE class
e) all you think about is getting your license
f) you get taken out of class to take the ISTEPS
g) you complain about Chemistry everyday
h) you can drive to school
i) you finally realize how long the 5 minute passing period is



Diane Hardin
Emily Haring
Timothy Harreld
Derek Hartz
Christopher Heath
Aaron Hellman
Steven Henderson

Timothy Hennessy
Kara Henry
Jason Higginbotham
Joseph Hill
Jaime Hite
J. Kyle Hittinger
Lauren Hittinger

Carl Hoefler
Ashley Hoffman
Elizabeth Hoffman
Jaclyn Hogan
Kathryn Horan
Katherine Hostetler
William Howell

Brett Howie
Matthew Hudgins
Sean Huguenard
Erica Humes
Monica Idstein
Danielle Iem
Krystina Irzyk

Dana Jacques
Matthew Jadrnak
Edra Jani
Jeffrey Jensen
Aaron Johnson
Krestina Johnson
Jessica Johnston



Mark Kalmbach
Nicholas Kappas
Paul Kasperan
Kaitlin Kearby
Nicholas Kelley
Benjamin Kenis
Carolyn Kennedy



Ian Kennedy
Matthew Kennedy
Andrea Kent
Rachel Kenworthy
Sarah Kepa
Cami Kern
Marvin Kilian



Audrey King
Anna Kispert
Ashley Klazura
Ashton Kleemann
Gerald Klimczyk
Mary Kozelka
Jessica Krenz



Clinton Krysa
Julie Kubina
Ashley Kuchta
Cassandra Kwell
Veronica Lain
Brett Lakin
Michelle Lang



Kate Larson
Brandy Lauder
Julie Lentz
Kevin Letta
Brandon Leuthardt
Mace Levingston
Jennifer Lindburg



Kelly Linder
Sarah Lindsey
Gregory Lindy
Jennifer Lipp
Jessica Lisak
Lindsay Littlefield
Daniel Livarchik



Allyson Lodics
Kenneth Long
Pamela Longtin-Plante
Alyssa Magagnotti
Caitlin Magidson
Emmeline Magno
Cameron Mahnic



Michael Mamouzelos
Matthew Manney
Sarah Marciniak
Justine Maresca
Jennifer Marshall
Eric Martin
Nikki Martin





Michelle Matchett
Carolyn Maynard
Katharine McCarthy
Thomas McGinley
David McGonigle
Megan McGrath
Matthew McGuirl

Tino McKamey
Sara McKinley
AJ McLinn
Jill McMillan
Meghan McNabb
Cynthia Medina
Mercedes Medina

Lisa Micka
Robyn Mihal
John Millspaugh
Christopher Minissale
Jenna Minton
Jamie Moeller
Thanzeela Mohideen

Adam Monnier
Matthew Monnier
Michael Moore
Michelle Moore
Kelly Moran
Michael Moran
Kevin Morse

What's In Style...

"Lately, I noticed multiple people fashioning the "initial" purses, shirts, sweaters and other items," -sophomore Krestina Johnson.

"Ashton Kutcher started the trucker hat trend,"-sophomore Robbie Dunevant.

" Vintage and 80's styles were coming back," -sophomore Katie Mc Carthy.

"Most of my clothes were hand me downs or from thrift stores," sophomore Sam Robertson.

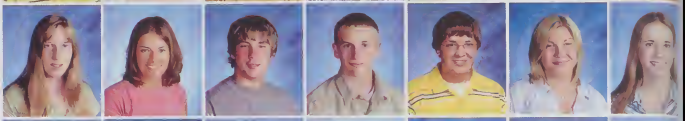
"I think everyone should be entitled to their own opinions- clothes reflect who you are," -sophomore Brittney Alyea.

"I like different fashion fads because it makes people unique," - sophomore Meghan Thoreson.

James Morton
Jaclyn Mullen
Michael Mullen
Nicholas Mullin
Monica Munoz
James Myers
Jamie Myers



Randi Myers
Ashley Naramore
Zachary Neill
David Nelson
Matthew Nelson
Jillian Ness
Arika Nolan



Ryan Norris
Robert Novotny
Fatma Nowab
Kevin Nuppnau
Matthew O'Brien
Heidi O'Hara
Joshua Overmyer



Christian Owen
Victor Pacheco
Haley Page
Rebecca Pahl
Lindsey Papka
Javier Paredes
Maeghan Parks



Sarah Passaro
Phillip Patterson
Lindsey Payne
Candace Pederson
Hannah Peters
Margaret Philips
Rajiv Pithadia



Elizabeth Pochop
Amanda Pocratsky
Ryan Pong
Brytany Pope
Sabrina Pope
Stacey Powell
Dustin Price



Michael Prochno
Kathryn Rader
Jontae Randolph
Travis Ranegar
Nicholas Rapp
Erica Raschke
Senaka Ratnayake



Allison Rawley
Andrew Raynor
Michael Refbord
Tracy Reff
Andrew Reich
Patrick Rickman
Hashem Rifai



Kathryn Ripley
Austin Ritter
Michael Rivera
Lisa Marie Roberts
Samantha Robertson
David Robinson
Phillip Rodenbeck



Growth of On-Line Journals

"Hey, did you happen to read Marrisa's Live Journal? I cannot believe that she did that this weekend!" A possible quote associated with the new and growing rave of online journals. In almost all Instant Messanger profiles there were *My Journal* links. Each link took you to an individual online journal where a person wrote about anything and everything.

The journals contained information regarding an individual's day. Yet, there were also entries such as: poems, stories, songs, conversations, and dreams. Each entry given was marked by the date, time and a picture of the user's choosing. The text could also be accompanied by pictures or music. Another option the user had was to let other people look at the journal and leave comments on it.

"I have had a live journal since I was a freshman in high school." said junior Jessamyn Wheelnd." I use it to write about my day and how I was feeling. I started using this j ournal because my friend, Sarah, told me it was a good way to express myself online."

"I believe that the journals are great." said sophomore Ian Stewart. "When I haven't talked to a friend in a long time, I can jump online and check out what they've been up to."

Given the choice of Live Journal, Dead Journal, Blurty, E-Chat, and I-Talk Live Journal was the best according to the 70 students surveyed.

Another choice that journal users had to make was whether to pay for their journal or use a free one.

"I have a free journal, and I don't see any use to paying for it. I get to express myself and have friends comment on my entries without paying for it." Wheeland said.

So, whether you want to pay for your journal, or use a free one, you can sign up, and find the journal that's right for you!



Catherine Rodriguez
Andrew Rosene
Meghan Ross
Jason Rothenberger
Shanna Rottinger
Krista Rowell
Nikki Ruffner

Margaret Rupe
Anthony Rush
Magdalene Rutkowski
Matthew Ryan
Meaghan Ryan
William Ryan
Christine Sallee

Jenna Saltanovitz
Nicole Samay
Lauren Samocki
Samantha Sanders
Nicholas Saponaro
Zachary Saponaro
Katie Sarkisian

Nicole Sater
Elizabeth Scannell
Jillian Schafer
Justin Schafer
Jacob Schau
Katherine Scherschel
Kimberly Schirato

Ryan Schmidt
Andrew Schmidtke
Kimberly Schroeder
Mike Scott
Kristen Scuderi
John Seramur
Jennifer Serbin

Jeffrey Shapiro
Alyssa Sharp
Anwaar Shatat
Zachary Shuta
Jillian Simison
Jeffrey Sims
Joseph Sirokie

Kevin Skelton
Kristin Skinner
Christopher Smith
Jamie Smith
Jordan Smith
Cecily Smrzlick
Zachary Solomon

Emily Somers
Holly Sontag
Scott South
Lindsey Spratke
Stacey Staack
Shashika Stanislaus
Mitchell Steuer

Jacquelene Stewart
Amy Stipp
Leeann St. John
Angela Stolpe
David Stuck
Sarah Surber
Grace Sutherland

Jennifer Swanger
Elaine Szarmach
Falin Tanner
Marrissa Taylor
Scott Teitge
Amanda Thomas
Ashley Thompson

Jake Thompson
Paige Thompson
Meghan Thoreson
John Thyen
Michael Tilleman
Georgina Tomas
Alexandra Tompi

Dylan Totzke
Samantha Townsley
Kevin Tran
Brock Trevino
Mary Trimble
Katie Turley
Ian Tyler

Zachary Urban
Kevin Vail
Ashley Valestin
Hunter Van Houten
John Vanvliet
Adam Vass
Andrew Vereb





Lauren Vogelsang
Jordan Vouga
Kendra Wagner
Lindsey Wainwright
Holly Walsh
Julie Wandasiewicz
W. Bradley Wanek

Melissa Webb
Caitlin Weeks
Cameron Weeks
Christopher Wellsand
Michaela Welsh
Nathan Wendrickx
Jamie West

Kyle West
Lyndsay Wheele
Alicia White
Holly Wiergacz
Kyle Wiggins
Kaitlin Williams
Amanda Willis

Kevin Wilson
James Winter
Allison Witte
Evan Witters
Michelle Witvoet
Shawna Wixon
Brittney Woldt

Danielle Wright
Anthony Zonghetti
Dana Zubik





When Allie Zikesch decided to run for freshmen class officer, she ran with the intention of taking on something challenging, meeting new people, and getting involved with her new school.

So, what was it like when all of it came true? "It was awesome! I could get stressful at times but it reinforced good life skills," said Zikesch.

There was, of course, a ton of responsibility required, though. "The responsibility was huge. Everything had to be done and you couldn't put it off," remembered Zikesch.

Vice-president Katie Lenz agreed. "It was like everyone was sort of depending on you."

Along with treasuer Caitlin Casey and secretary Allison Nix, the four girls worked efficently to involve the freshman class as much as possible.

"It was nice to see what our class was capable of," said Casey.

The freshman accomplished a number of things including the freshman float, the freshman class project, working with the middle schools and working with various committees.

"All three of them had amazing ideas and nothing would have been possible with out them. I could never thank them enough for their time and effort." said Zikesch.

Freshyer

Mary Abbey
Sumer Abulhassan
Ashley Adams
Ashley Addis
Kristen Alessi
Julie Alexander
Bruce Allen

Lukas Allen
Melissa Allen
Travis Allen
Robert Almus
Angelique Alvarado
Paige Anderson
Kyle Annen

Brandon Apostoloff
Maryam Arfeen
Meagan Arizpe
Mitchel Arndt
Hadi Atassi
Kinda Atassi
Melissa Austin





Ashlee Aytes
Jamie Babeaux
Nicholas Badger
Hollis Ballard
Andrew Basile
Daniel Battisti
Melissa Baum

Joseph Bavuso
Ben Bernthal
Blake Berry
Anna Bianco
Marcus Biggs
Moelinda Biggs
Carlton Bishop

Mark Blane
Autumn Blankenbaker
Danielle Blasko
Matthew Bleistein
Matthew Bobrowski
Dina Borovilos
Jonathan Bosse

Meghan Bowers
David Branch
Joshua Bridgewater
Michelle Brodzinski
Erika Brown
Matthew Brown
Jordan Brychell

Danijela Bukur
Ross Bunchek
Ryan Caldwell
Joshua Canaday
Ivon Cardenas
Amy Cardile
Jarrod Carr

Caitlin Casey
Katelyn Casey
Christopher Cauchon
Joseph Cempel
Nicole Chaney
Melanie Chapdelaine
Alexander Christenson

Austin Christian
Bradley Cicenas
Jessie Anna Cicillian
Ian Clancy
Dale Clapp
Brian Clark
Jonathan Clark

Seth Clinkenbeard
Sydney Coatsolonia
Meghan Compton
Krista Conley
Brian Connor
Rachel Connor
Daniel Connors

Erica Corning
Leandrea Cowan
Stacey Crew
Hannah Crosmer
Courtney Crozier
Christina Csonka
Chen Cui

Katelyn Cunningham
Karissa Curotto
Hilary Danapas
Michael Daunora
Alan Davey
John Davis
Sarah Davis

Christian Demko
Jessica Denby
Lauren Dinkeldein
Jennifer Dinkelman
Patricia Dippo
Tyler Doane
Garrett Doneske

Nickolas Donlin
Rachel Donner
Sarah Dooley
Jay Dorsch
Thomas Drakos
Chelsey Dunleavy
Michael Durak

Mackenzie Dykes
Amber Edelen
Jessica Edwards
Christy Elkins
Bailey Ellis
Janelle Elwood
John Ely

Adam Engel
Colleen Ennes
Jenna Ensign
Gina Fink
Travis Finner
David Fox
Nicholas Franz

Jacob Fredericks
Cara French
Kyle Frey
Zachary Fromm
Albino Fuentes
Sean Funes
Alexander Fusak

Smruthi Garlapati
Bianca Garrett
Vincent Garza
Kyle Gatlin
Michael Gawdzik
Hayley Gerstler
Susannah Gingerich

Luis Gonzalez
Jessica Gordon
Keith Gore
Bradley Gottschlich
Natalie Gough
Neville Gough
Renee Goulding

David Graham
Melissa Gronek
Robert Grossman
William Grossman
Nicholas Guenther
Peggy Gunter
Calandra Hackler



You know you're a freshman when...

- you take all your books to all your classes
- you always have a copy of the map of the school
- you're too scared to walk through the senior hallway
- you have to take swimming in gym class
- you sprint to your classes in less than 60 seconds
- you do all of your homework as soon as it's assigned
- you believe the seniors when they tell you where the "short cut" is



Chelsea Hall
Lauren Hall
Ryan Hall
Eric Hanson
Amanda Hardesty
Lauren Hardesty
Johnathan Hardin

Gene Hart
Daniel Hennessy
Melissa Hensley
Brandon Hoess
Brittany Hoffman
Clark Hogan
John Holmen

Rachel Holmgren
Katelyn Holub
Dana Homegardner
Chapman Hosier
Amy Howell
Robert Hoyne
Rachel Hrapek

Dana Huck
Shaun Huffman
Jaimie Huguenard
Josh Hull
Robert Hummel
Steven Hundt
Ryan Huntley

Jessica Hurst
Sean Hutcheson
Michael Hyde
Laura Ann Hyer
Christopher Iliff
John Immordino
Emily Ingram

Lindsay Jacobs
Melissa Jamison
Elizabeth Janus
Paul Jaskowiak
Joshua Jenkins
Mallory Jindra
Danielle Johnson

Donald Johnson
Katherine Johnson
Kyle Johnson
Kylie Johnson
Matthew Johnson
Whitney Jopling
Krystle Jordan

Erin Joyce
Juliana Kahrs
Ashlee Karp
Mary Kasparian
Keri Kearns
Robbie Keller
Timothy Kelly

Shelley Kendall
Kirk Kennett
Felesha Kenworthy
Esther Key
Jamie Kiernan
Katherine Kilhefner
Travis Kipper

Gregory Kirby
Kyle Klein
Timothy Kneifel
Bradley Kolada
Patrick Kopack
James Kosterski
Kerisa Kostrzeba

John Kraker
Sarah Kretzmann
Jill Krieger
Karly Krizmanich
Joshua Krol
Colin Krupchak
Jonathan Krupinski

Brittany Kubal
Rachel Kupsis
Taj Lafontaine
Anthony Lafrossia
Elizabeth Lajeunesse
Jessica Lampman
Brittany Lavery

Ashley Lebar
Andrew Leeth
Brittany Leffew
Thomas Leland
Kara Lemarie
Kathryn Lenz
Brittany Leslie





Leslie Levenhagen
Caitlyn Leverich
Jordan Lill
David Linder
Nicholas Loden
Matthew Lomas
Michele Loudermilk

Brian Loutzenhiser
Sara Lucas
Tiffany Lynch
Alexandra Maciel
Erienne Madrid
Amanda Malone
Lisa Manago

Chandary Mao
Robin Marcenac
Emily Marr
Brianna Martin
Robert Martin
Scott Martin
Alyssa Martinek

Richard Master
Curtis Mathews
Adrienne Mathis
Harold Matias
Katelyn Mayers
Ronald McClain
Allison McClure

A *Trip* Down Memory Lane

CRASH! BANG! BOOM! "...My bad."

How often do you hear that in the hallway? Mortifying experiences and embarrassing moments seem to be a major part of life. They're inescapable! nearly everyone has a memory that still makes them cringe.

"During my freshman year in Japanese we were singing 'Head, Shoulders, Knees, Toes' song," sophomore Samantha Roberton remembered with a smile. As they got to the "toes" part of the song, Robertson decided she didn't want to bend down to touch her toes. "...I kicked my foot up to touch my toe and kicked one of the shelves over. Magazines went flying everywhere!" The entire class fell into laughter mid-[illegible]. Robertson was laughing so [illegible] on the floor." "...It hurt my foot because I kicked (the shelf) with my ankle," she said. Eventually, Robertson picked up the magazines and rejoined in the song, but [illegible] to be sure to keep her distance from the shelf.

Robertson claims that she'd handle the situation by laughing if the same thing happened again, and feels she handled it well enough the first time. She doesn't know whether she'd be a good candidate for the "Most likely to fall into a manhole" senior royalty. "It depends on if I get clumsier," she laughed.

Freshman Danielle Johnson has also had her share of [illegible]ment. One day in 8th [illegible] she [illegible]d to be wearing a really baggy shirt. She was chatting with her friends and not paying attention as she grabbed the [illegible] for her next class out [illegible]. As her friends all dashed off to [illegible], Johnson realized she couldn't [illegible] her shirt was stuck in her locker. The bell rang, but Johnson's locker was jammed and she couldn't get her shirt free. After awhile, she finally managed to free her [illegible] to class. She laughed at her story, but later added, "It wasn't funny at the moment, though."

Of course, students weren't the only ones with embarrassing stories. Teachers have accidents too. Journalism teacher Gordana Sormaz spoke about her accident during her first year teaching at VHS. That year, she happened to have one challenging class. To [illegible]occupied, one day she [illegible] them in the computer lab. Sormaz was [illegible] trying to keep order when she stepped backwards, [illegible] over a chair, and fell flat on [illegible]. To make matters worse, [illegible] wearing a skirt that [illegible] in her paying attention. "They were all just kind of shocked like I was," Sormaz sighed. The only two girls in the class rushed over to see if she was okay. Even though she had badly bruised her knee, Sormaz kept her cool and went back to her teaching.

"I had no choice, it was just get back up and act like nothing happened. It was just really embarrassing," she said.

Michael McCray
Dallin McDowell
Sean McGill
Patrick McGinley
Danielle McKean
Renee McShane
Pamela Medina

Jonathan Medved
Marysol Mendez
Aaron Merrill
Jordan Merz
Kevin Meyne
Lauren Mialkowski
Brian Mick

Bryan Miller
Jeremy Miller
Rebecca Montemayor
Paul Mooney
Brandy Morgan
Kari Mosher
Danielle Motshagen

Glen Mueller
Jessica Mueller
Sean Mullins
Emilie Naccarato
Edgar Nava
Samantha Neal
Travis Nguyen

Michael Nieckula
Laura Nietert
Allison Nix
Michael Nolan
Melinda Norfleet
Shelby Nowlin
Frank Odar III

Sinead Orourke
Lorrin Ostojic
Kenneth Owens
Derek Paarlberg
Ian Page
Kristen Pallok
Ethan Palm

Krystal Patrick
Michael Patterson
Jamie Patton
Suzanne Pawloski
Jillian Peddle
Danielle Pejoski
Corey Penrod

Victoria Perez
Carly Perry
Kyle Peruski
John Phelps
Thomas Pimentel
H. Burton Piper
Lauren Platt

Tanav Popli
Lauren Prow
Laura Punter
Ryan Pylipow
Daniel Qualkenbush
Melissa Qualkenbush
Derek Ransom



Is It True? It Is Kind?



She glanced behind her once more to make sure he wasn't there. Relieved by the absence of his face in the crowd, she careleesly turned the corner. A giant ice cube seemed to drop into her stomach because there, standing in front of her, was the boy she tried to avoid everyday. He walked by her, snickering and said, "Hey, Chubby Cheeks, you look like a freak." He laughed and pushed her out of his way. She felt a pain inside her heart shoot up to her face which was burning with embarrassment. Everyday, she was made fun of by this boy. Every day she found herself looking around the corners because she didn't want to be told she looked like a freak. But, this boy wasn't so easy to avoid because his locker was next to hers. Everyday, she carried all her books to every class because she didn't want to risk seeing him at her locker. And everyday she went home and cried into her pillow.

Everyone has experienced bullying at some point in ther life. If they haven't, then they're probably the luckiest people in the world or the ones doing the bullying. Denise Koebcke, a media-center specialist at Thomas Jefferson Middle School, thinks a community can teach the younger generations to accept each other and respect each other's feelings.

Last year at TJMS, Koebcke noticed lots of bullying going on around her classroom. She often had students come to her after school crying and asking for help.

"What amazed me was that most of the students that came to me for help were being bullied by their own friends. So, I decided something had to be done about it," said Koebcke.

Last year, Koebcke started something called "Mix It Up Wednesday." Every Wednesday, during their lunch hours, students were to sit at a table they wouldn't normally sit at; thus forcing them to talk to new people.

Then, Koebcke searched the Internet to find a program she could start at the middle schools. She soon came across the Ophelia Project. This project was started by Nancy Bar from Pennsylvania. Koebcke contacted Bard, who came to Valpo to help Koebcke set up the project. Koebcke also informed Tammy Hofer- a counselor at Benjamin Franklin Middle School- about the project, and soon the Ophelia Project was initiated at both Benjamin Franklin and Thomas Jefferson.

In the summer of 2003, over 50 Valparaiso High School students were invited to join the Ophelia Project as mentors. Koebcke and Hofer realized that middle school kids don't listen to teachers, especially when it comes to how they should behave. Their idea was to get high echoo students to come to the middle school once a month to be a mentor to a small group of sixth and seventh graders.

When at the schools, the mentors did activities with the students. One thing they did were role-playing. The mentors acted out situations where there was an aggressor (bully), a victim, and kids-in-the-middle stood up for the victim. Then, they processed the second role-play. In this way, the mentors showed the students that they could prevent a negative outcome in bullying situations.

"I think the CASS was definitely a wonderful thing. I had already heard many stories bout how kids stood up for other students, even ones they didn't know," stated senior mentor Sam Seeger.



Nicholas Rapley
April Ray
Adam Raynor
Kayla Reedy
Hillary Reisinger
John Remmert
Kenneth Rhynard

Megan Rickard
Amy Ridder
Jourdan Ringenberg
Ashley Ritter
Kristin Robb
Adam Robinson
Brianna Robinson

Zachary Rodenbarger
Marie Rodriguez
Rafael Rodriguez
Kristen Roessing
Eric Rogers
Seth Rogers
Daniel Romo

Adrian Rose
Curtis Rose
Robyn Rothgeb
Jennifer Ruisard
Heather Sandberg
Laura Sarwacinski
Lauren Schafer

Samantha Schelling
Cody Schleining
Emily Schmidt
Kevin Schoon
Jacqueline Schrader
Jordan Scott
Ashley Sejda

Marlana Sekuloski
Thomas Sepanski
Brent Sever
Lana Shatat
Andreas Shepard
Kelsey Shireman
Peter Showers

Kyle Sims
Charles Sizemore
Nicole Sliger
John Small
Katie Smigiel
James Smith
Samuel Smith

William Snell
Ashley Sohovich
Daniel Speckhard
Brandon Spencer
Christin Spoolstra
Nicholle Staack
Megan Steiner

Molly Steiner
Tyler Stiscak
Katherine Stoner
Andrea Stout
Amanda Strohl
Mark Stymiest
Cydney Sullivan

Justin Susdorf
Genna Swanson
Jeremy Sydney
Justin Szczepanski
Hilary Talbert
Brent Taylor
Kyle Tengblad

Dever Thomas
Sergio Tomas
Bruce Tran
Jonathan Trapane
Eryn Travis
Brandon Tritle
Ashley Tucker

Mark Tunacik
Wesley Tutterow
Joseph Tylenda
Emily Uhrina
Anthony Urankar Jr.
Leah Uzelac
Bertha Vandegrift

Brett Van Keppel
Eric Vaughn
Jenise Vega
Monique Vega
Pauline Vijayakumar
Matthew Vilga
Sarah Visnyak





Matthew Voreski
Lindsey Waelde
Megan Walsh
Kristina Wardlow
Kaylyn Wardrip
Jae Weaver
Dana Webb

Jessica Wells
Kathyrn Westerfield
Jasmine White
Christopher Whitmer
Brittany Whitttemore
Marie Wichlinski
Adam Wickstrom

Joshua Wiedder
Elizabeth Wiening
Emily Williams
Jasmine Williams
Amanda Wilson
Erin Wilson
Margaret Wilson

Sarah Wilson
Theresa Wilson
Nathan Windsor
Rachael Witt
Heather Wolfe
Tashame Woods
Constance Woodson

Courtney Wright
James Wyatt
Vamshi Yelavarthi
Melissa Young
Kenin Zaharias
Amanda Zale
Josh Zale

Peter Zale
Joseph Zic
Alexandra Zikesch
Jonathan Zimmerman
Matthew Ziolkowski
Austin Zosso
Andrew Zromkoski

CLASS of 2007

Faculty

Vella Anderson-Business
Marcia Arnold-Spanish
Cheryl Bagnall-Home Ec.
Kathryn Bailey-English
Patti Brady-Math



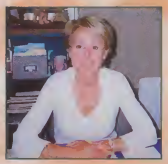
Terry Brendel-English
Nancy Brown-Bookstore
Rebecca Burbrink-Spanish
Kevin Cessna-Spanish
Dawn Collins-Special Ed.



Jackie Collins-Science
Kathie Connelly-Media Center
David Coyle-Science
Steven Davis-Science
Mara Fiegle-Hicks-Math



Adios Amigo



Marcia Arnold retired this past year after teaching at Valparaiso High School for twenty-three years. Arnold had always planned on involving the Spanish language in her life in some way.

If she hadn't become a Spanish teacher, Arnold wanted to become a interpreter for the United Nations.

Arnold will be spending more time with her family, which includes a daughter, Lisa, and son Jim along with two grandchildren.

"I plan on being with my family more and traveling with my husband." We'll be going to Mexico and other places that are yet to be determined," stated Arnold.

Twenty-three years of teaching taught her lessons she'll take with her all her life. "From all the years of teaching, I've learned a lot of patience and to be a good role model by more than just being a teacher," she said.

Arnold wanted to give students more than just an understanding of Spanish but to become caring, confident, and able individuals. "I'll miss the students most of all. I'll miss the interaction with them and the feeling when you see student comprehension," she stated. Arnold wishes to leave behind a love for Spanish and a greater respect for other cultures and people.

Faculty



Debbie Fray-I.B. Coordinator
Alice Gambel-Speech/Drama
Diane Gordon-English
Marilyn Hanson-Art
Matt Hefner-Science

John Hershberger-Math
Herb Hofe- Math
Lenore Hoffman-English
Mark Hoffman-Health
Neil Hurdle-English

John Knauff-English
Mark Knauff-Math
Tim Kopf-Orchestra
Ramona Krueger-Special Ed.
Lance Leach-Business

So Long Mr. Pinkerton



"Keep a sense of humor" was the statement that Mr. John Pinkerton jokingly gave when asked what advice he would give to whomever resumes his spot in teaching for years to come.

Pinkerton grew up in rural Valparaiso attending Flint Lake, Ben Franklin, and the old high school. Pinkerton graduated from VHS, "the real one," in 1963. His class numbered only 212 students, which made it easier for him to know most everyone.

Pinkerton finished his 31st year of teaching at Valparaiso High School. He planned to move out to Anderson, South Carolina where he and his wife have owned property at a lake house for nearly 10 years. Pinkerton turned 59 in May and said that he was retiring because, "My niece says I'm old."

"It seemed like a good idea at the time," stated Pinkerton when he first decided to begin teaching. "I suppose the lure of literature and the chance to warp young minds also helped in the decision making."

Although Pinkerton has never taught at any other school besides VHS, he has taught a variety of classes which included, composition, dramatic literature, American literature, creative writing, mysteries, and satire which was one of his favorites due to the sarcasm.

If Pinkerton could use one word to sum up his many years of teaching here it would be, "challenging."

"I have enjoyed the good fortune of working with tremendous people throughout my career. Faculty and staff have always been good company and good mentors. What I'll miss the most while I'm gone will be the routine and just everybody here, but that will give me a reason to return," he said.

"He made it more enjoyable for students to learn," junior Steve Schmidt said.

Faculty

Katherine Levanduski-Special ed.
Patricia Mack-Math
Jill McGonigle-Math
Jean Miller-English
Tina Morales-Special ed.



Stacey Pagel-English
Michael Pavell-Assist. Principal
Brett Polizotto-Science
Daniel Pritchett-Band
Sidney Reggie-Social Studies



Lewis Rhinehart-German
Patricia Rhinehart-German
Miguel Rosario-Band
Ginger Sajdera-Consumer Scien.
Kay Sattler-Math



Bon Voyage

"My favorite thing about teaching French was seeing my students make so much progress. They started from nothing and made a lot of progress," commented Mrs. Diane Moryl, the first and second year French teacher.

Moryl retired at the end of the school year, after teaching at VHS for 19 years. Before that, she taught at Thomas Jefferson Middle School. All together, she has taught English for 31 years and French for 15 years. Moryl also taught sophomore Pre-IB English.

"I missed teaching literature and English a lot, but I did not miss grading the essays," responded Moryl.

Moryl decided to teach French because she really liked the language, culture, and she loved to travel- especially to France.



The romantic articulation of the French language was what Moryl enjoyed. She described it as being musical, and she loved to hear it spoken.

Much of Moryl's success as a teacher could be due to her traveling to France 12 times.

"Being in France made the language more real," said Moryl. "Knowing the language made the culture more accessible."

"Thirty- three years was a long time and I wanted for once in my life to not be in school," commented Moryl on why she retired.

During her retirement, Moryl will spend her time traveling, including a trip of France this summer, along with reading, volunteering, and catching up with friends. She also wants to enjoy autumn and try other things- explore.

Faculty







Linda Schonbachler-Choir
Judie Shurr-Business
Gordana Sormaz-Journalism
Cynthia Stalbaum-Business
Mary Kay Stemple-Cons. Science







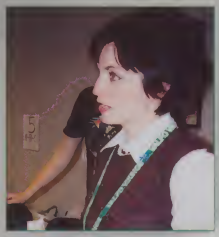
Melissa Stoltzfus-English
Marcy Tomes-Guidance
Sophie Virgil-French
Donna Walters-Media Cen. Dir.
Rhonda Yelton-Math



Gloria Zimmerman-Guidance



Mr. Pritchett conducts the Jazz Band during the Jazz Band Dance.

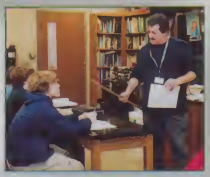


Mrs. Burbrink offers knowledge to her Spanish class during a lecture.

Hard at work. Mrs. Sattler grades Calculus papers.



Mr. Davis explains a new concept to his Biology students.





Staff

Maryann Bauer-Registrar
Barb Bowman-paraprofessional
Nancy Dziedziejko-secretary
Ella Edwards-media secretary



Anne Frankus-paraprofessional
Judith Hawes-food service office
Carol Jennings-guid. secretary
Joe Kulavick-paraprofessional



Judy Largura-paraprofessional
Bill Lieske-Cust. supervisor
Sheryl McQuinn-food service
Wesley Minton-paraprofessional



Elener Nelson-paraprofessional
Thomas Oram-choir assistant
Susan Peloso-principal's secre.
Bobbie Pio-media cent. secretary








Mary Kae Ringer-secretary
Paula Schmidt-attendance
Deb Seeger-paraprofessional
Mary Sikorski-nurse



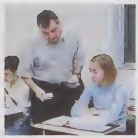


Sharon Soltis-paraprofessional
Celia Townsley-attendance
Chris Wendahl-nurse

Lunch Ladies- (Fronth Row) l-r: Ruth Wilson, Ruth Webb, Shirley Riley, Sherry Cooper, Fran Erickson, Joyce Crowe, Deborah Hull, Connie Heflin, Debora Johnson, Lois Bruder, Manager (Back Row) l-r: Patty Jardon, Sally Wellensick, Lau Nguyen, Lorrie Nichols, Marion Osterhout, Kimberly Saturday, Nancy McDowell, Susan Cole, June Herr, Susan Pradziad, Linda Gast, Debbie Hammers, Annette Eckley, Debbie McDaniel, Assistant Manager (Not Present) Mary Baker, Marsha Kobe, Kathy Miller, Pan Raupach, Rose Witt







(Left) Senior Lauren Hutton reaches for a high pas at the girls varsity basketball game. (Right) Sopho- more Kaitlyn Cook gets help from Mr. Cessna in Spanish class.



(Middle) Victor the Viking cheers on the crowd at a boys varsity basketball game. (Left) Senior Danielle Mauch cheers during halftime. (Right)Sophomore Chally Clem studies during class.





students

You'll remember the four years of high school for the rest of your life. Every class, sport, or school event shaped your high school career and made it all worthwhile. Whether one was heading off to class or getting ready for practice, students were inspired in some way to do what they did best.

Certain classes, were a necessity for graduation, but what about philosophy and calculus? Why would someone take Spanish all four years or be in drama? It certainly wasn't necessary to compete in athletics to graduate. What made athletes competitive? They competed and worked hard in academics for their own reasons. Motivation and determination pushed them through high school. They excelled and spread Valpo spirit throughout their four years.

What's your favorite VHS sporting event?



"Definitely football because it's the one thing everyone seems to really get involved in. The whole atmosphere is amazing."

Ryan Goodwin, 12



"Basketball games are my favorite because all my friends go and the games are always pretty exciting ."

Liz Pochop, 10



"My favorite is high-jump at track meets because Brandon Thomas and Luke McAfee are inspirational."

Tim Lozny, 12

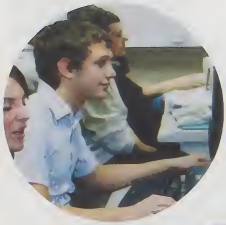


Lisa Floran, 11

Q What's your favorite class?

A "I like TOK (Theories of Knowledge) because it makes me feel like a smarter person. Except the times when I don't know what's going on."

Tomorrow's Technology Today



Senior Anthony Balbo practices his accounting skills while doing an assignment on the computer.



Juniors Brian Chappo and Cassie Chester put their physics knowledge to work as they use a stroboscope to time a device.

The students gathered their books and began to file into the computer lab. They set down their books and turned on their computer monitors. The computers loaded. Finally, the screen became visible and they logged on. Their math teacher told them to go to the Maple software program. This program was geared toward the expansion of the students' knowledge over a subject they were going over in their math class. Teachers used the Maple software as a review for the topic they were currently discussing.

The relationship of math, science, and [illegible] was very vital to the students. Math allowed science to be proven and made ideas valid. Both the math department and the science department utilized the computer labs at least once every nine weeks to enrich their knowledge of what they were studying.

"Kids liked [illegible] because they knew immediately if they were right or wrong," commented math department chair Mrs. Patti Brady.

Chemistry especially transcended to other science classes. It was the basis of all that was to be learned in college. However, even if a student had no intention of going into a math, science, or technology field in college, the subjects were still very vital in everyday life.

"[illegible] gave an intellectual challenge and allowed students to explore the world around them in detail. Students also continually asked the question 'Why' in science," commented anatomy/physiology and chemistry teacher Mr. Peter Sattler.

Overall, math, science, and technology all came together and worked [illegible].



Sophomore Ashley Thompson receives help from Mrs. Stalbaum during Computer Applications.



Juniors Kyle Lee and Zach Robinson watch as Doc Boyle uses a stroboscope.



Working dilligently senior Lauren Jones completes her calculus assignment

"Why did you take math, science, or technology?"

"I took CISCO because it was a great vocational class if you didn't have to leave the high school campus."
-Alex Massa, 12

"I thought I took math because I think it will help me a lot in college."
-Jessica Newhart, 12





"I decided to take CISCO because all of my friends took it and I thought it would be a fun class to take."
-Ben Nowlin, 12





Mr. Leach advises senior Megan Rosenbaum on the accounting program she is using.



Sophomore Jamie West reviews her notes in order to finish her math homework.

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- CISCO is a block class. A group of class mates pioneers, the mentor network a constant help in the business school.
- There are 17 types of math classes, 18 types of science classes, and 21 types of technology classes offered at VHS.
- The [illegible] science courses in the Trinity Valley are there they do experiments to see if the [illegible] is published.
- The chemistry classes have "Mole Day" on October 23rd because the mole formula has a 10 and a 23 in it.
- Math classes range from pre-algebra to AP Calculus.
- Chemistry and Biology II are block classes.

INFORMATION



Quiz Bowl sponsor Tim Mathew goes over some facts before a meet.

In These Games, It's about Brains



Meg McGrath and Clare Rowland accept their medals at the state science olympiad competition held in Bloomington, Indiana.

From spell bowl to academic decathalon, Valparaiso High School students were up to the challenge academically.

Students were in a flurry of studying and practices while other pupils went home or to an athletic practice. Each club boasted a closeness in comraderie and a goal of knowledge. Spell Bowl members were chosen through spelling test scores that sponsor Sue Hager had given.

"The competitive atmosphere was electrified with excitement and a sense of nervousness," said junior Amanda Pocratsky.

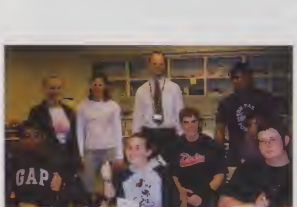
Science, math, English, speech, interviewing, social sciences, economics, music, art, and essays were the subjects that tested the academic decathalon members.

The team was successful in bringing home nineteen medals and they added four plaques to the school by placing second in the state for large schools.

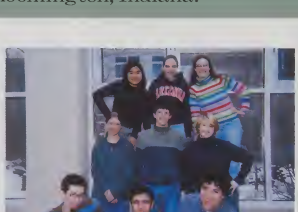
Members of the science olympiad team placed sixth in the state at the annual contest held in Bloomington, Indiana.



Quiz Bowl members take a break during one of their after school practices.

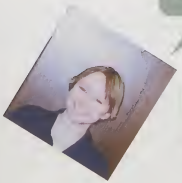


The Quiz Bowl team tests their buzzers before a match.



Academic Decathalon team(backrow) Quyen Nguyen, Katrina Clark, Ka Rush, (second ro Clare Rowland, Myles Clarke, Brittan Schroeder (front row) Brad Briggs, Dan Grigalanz, Angi Catania.

"What Do You Think Of Your Club?"









Senior Blake Williams prepares during science olympiad practice. Events ranged from astronomy to construction.



The Spell Bowl team: (front L-R) May Kwok, Sarah Barker, Shawn Barnes, (Back) Jasmine Nwabara, Maureen McShane, Renee McShane, Chisara Nwabara, Brittan Schroeder, and Michelle Phelps.

VITAL INFORMATION

- Science Olympiad competitions lasted from 7 am to 5 pm.
- Spell Bowl members received their practice packets during the summer.
- The Science Olympiad sponsors were Karen Nagel and Jackie Collins.



In Mr. Kurt Anderson's photo class, senior Mia Goulding develops pictures.

Creating a Masterpiece



Junior Eric Leland smoothes his clay for a project in ceramics class.

To many students, the next best thing to winter break, spring break, and not being at school at all was being in an art, drama, or photo class.

These classes offered a lot of freedom to VHS students and gave them an opportunity to use their imaginations by finding creativity in themselves.

"Most people thought that art was a blow-off class, but it really taught other things too, such as English and history. By teaching copyright laws, we were teaching about plagiarism," said art teacher Mrs. Marilyn Hanson.

These classes acted as a much appreciated escape from the stress and rigors encompassed in most other classes offered at VHS. Each lesson flowed into the next and built off of each other.

By the end of the semester, the students had acquired a better appreciation for artists, photographers, and actors.



Senior Lauren Jones sands the finish on her box during jewelry class.

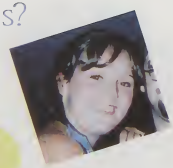


Sophomore P.J. Patterson sketches a car for his painting in Mrs. Hanson's art class.



The crapshooters from the play *Guys and Dolls* pose after a number.

What is your favorite part of art class?



"The drawing that we graphed and then colored with oil pastels because we were able to pick something that we wanted to draw."
-Erin Frey, 12



"I love being able to let my stresses of the day go and express myself in art."
-Stephanie Krizmanich, 11

"The best thing was the mask I made because I worked really hard on it and in my opinion, it came out great! I gave it to my Grandma and she loved it!"
-Veronica Lain, 10





Sophomore Angie Stolpe cuts a piece of copper for her box in jewelry class.



Senior Lauren Holst watches as seniors Lindsay Gough and Mike Brown develop pictures.

VITAL INFORMATION

- In a drawing class, the average student works on eight to nine projects in a semester.
- In drama class, the students and a show to which each student played a part role in a short scene.
- A student could work up to three hours a day for two weeks on one project.
- The art classes had each lesson build onto the next so the whole semester flowed together.
- Honors art students had the option of taking the advanced art placement class or the International Baccalaureate art class.

Pressed for Time



Senior Amy Ficken, sophomore Eddie Garwick, and junior Kyle Prow pose for a picture during a yearbook staff field trip at Valpo University.



Sophomores Meghan McNabb and Paige Thompson, junior Jennifer Bunton, and senior Nicole Novak participate in the Jostens fall yearbook workshop at VU.



Sophomore Sarah Kepa, junior Francesca Johnson, sophomore Elaine Szarmach, and sohpomores Erica Bengel and Kaitlin Williams smile for the camera at the Jostens yearbook workshop.

"When will your copy be done?" "Can you help me with these questions?" "Do you think I can get the interview after school?" Room A101 was filled with the sounds of journalism along with the newpaper and yearbook staffs.

Journalism teacher Gordana Sormaz oversaw the newspaper and yearbook staff. She has been teaching journalism for six years. "It's kind of nice when you have staff unity and you're all working towards a goal," Sormaz stated.

Senior Angie Shiplov became involved with journalism because she liked writing and expressing her opinions. Shiplov believed her journalism skills would be essential later in life. "There are a lot of interviewing and social interactions," she said. This was Shiplov's first year on yearbook staff.

Laura Groth joined the Viking Press because "Valenian just doesn't compare." She was one of the newspaper's editors this year. Fellow editor Rachel Kenis joined the newspaper staff so she could live in the footsteps of her glorious brother. Groth said she would most likely use her journalism skills later in life.



Row One (L-R): Kyle Prow, Eddie Garwick Row Two: Ian Golando, Erica Bengel, Kaitlin Williams, Erica Foreman. Row Three: Allison Nunley, Brigitte Brissette, Amy Ficken Angie Shiplov, Sarah Kepa, Francesca Johnson, Row Four: Jennifer Bunton, Paige Thompson, Nicole Novak, Meghan McNabb, Elaine Szarmach and Ashley Hoffman

Journalism 2



Row One (L-R): Rachel Kenis (editor), Olivia Gingerich (editor), Laura Groth (editor) Row Two: Matt McGuire, Charlie Grossman, Val Logvin, Steve Schmidt, Megan McGrath, Ben Talbot

Viking Press

What do you love about journalism?









Junior Ben Tallman types his copy for the November issue. The Viking Press staff was responsible for brainstorming stories for each issue.



Laura Groth, Charlie Grossman, and Rachel Kenis are hard at work on the computers.

V

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- The Viking Press staff produces eight monthly issues of the school newspaper.
- [illegible]
- Ms. Sirmons has successfully taught [illegible] years of advising.
- Students did all of their work on Macintosh [illegible]
- Brian Peterson, Stacy Parker, and Hillary Vanderwiele represented [illegible] Journalism Education Association.
- VP went to [illegible]

INFORMATION



David Chase works dilligently on his case during practice.

Arguing Their Case



Speech coach Jason Bobis enjoys his dinner during awards night at restaurant Don Quijotes.

Stepping up in front of a large crowd judging her every move and word, Nora stepped up and battled it out with a rival from another school. This wasn't your typical athletic battle, set on a basketball court or a football field. This was a battle of intellect, and their words and quick-thinking were their only offense and defense.

"Debate can be nerve racking, but also very powerful at the same time," said senior Nora Vail.

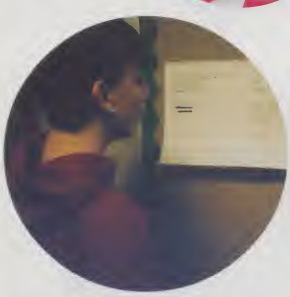
Being on the team has many benefits. "Debate helped me build a better vocabulary, helped me become a better speaker, and I made a lot of friends," said sophomore and Lincoln-Douglas captain Marisa Demko.

"Debate helped build public speaking abilities and improved my general knowledge on certain topics," said Vail. "Basically, you had to do research and prepare for anything, you had to learn both sides of the arguement."

"My English improved, and I've met lots of people outside of our school," said first-year debater sophomore Mike Moran.

The members of the debate team had lots of advice for incoming freshman. "Debate was the most important thing you could do in your high school career. It developed so many different skills," said coach Mrs. Chris Waters.

"Keep an open mind about it, because that was the only way you're going to have fun in high school. It was definitely worth the time and effort," said sophomore Jennifer Marshall.



Policy debater Ben Tallman checks if he will be debating on the affirmative side or negative side.



Senior Nora Vail is congratulated by coach Chris Waters. Vail was named most valuable senior for Lincoln Douglas Debate.



Mock Trial Team (L-R) Shashika Staniskaus, Nora Allison Neuberg, Smita Das, Jill McMillan, Beth Scannell. The te placed 3rd in di competition in S Bend.

Why did you join debate?









Allison Neuberg, with the help of Nora Vail and Coach Chris Waters, works on her affirmative case.



Members of the Valparaiso High School speech and debate team pose for a picture at the annual speech awards night which was held at a Spanish restaurant.

VITAL INFORMATION

- Debaters spend up to fifteen hours just researching their cases, and then spend another five hours writing them.
- Debaters must prepare both affirmative and negative positions.
- Speech has several different events such as the impromptu speech, where the speaker is given a topic and then a very small amount of time to prepare.

Under Lock & Key



Members of Key Club pose for a picture during Fright Fest at Six Flags Great America.



Junior Rachel Santay, sophomore Elise Magno, and sophomore Kate Hood pose for a picture at the Halloween Party.

"I Pledge on my honor to uphold the objects of Key Club International, to build my home, school and community; to serve my nation and God; and to combat all forces which tend to undermine these institutions." This was the pledge of the Valparaiso Key Club, a service organization.

The club met every Tuesday afterschool from 2:30 p.m. until 3 p.m. The officers were: president Kyle Granat, vice president Nicole Novak, secretary Perrine Marcenac, treasurer Megan Geissler and bulletin editor Jill McMillan. The sponsors were Mrs. Cyndi Svilar and Mrs. Olga Granat. To join Key Club, students needed to perform at least five hours of service during a year and pay $13 in dues.

"Helping others and having fun" was the reason vice president senior Nicole Novak gave for belonging to Key Club.

"The members developed leadership skills, which they often didn't realize they were doing," said Granat.

In order to raise money for the club, projects and charities, members had different fundraisers such as bake sales, Kiwanis Peanut Day and the King of Hearts Dance.

Some of the Key Club projects were the Backpack Project which provided kids from the homeless shelter with backpacks and school supplies. They also participated in the Strides Against Breast Cancer walk and held a Halloween Party for the children of faculty and staff.

Key Club members who walked in the Strides Against Breast Cancer walk helped raise money for cancer research.

"Being a member of the club made me feel like I was making a difference and it brought people together," stated president Kyle Granat.



Key club members enjoy the annual Halloween party that is put on for children of VHS faculty and staff.



Paige Thompson and Smita Das pose for a picture at the Halloween party.



Key Club Officers (L to R) Kyle Granat, Nicole Novak, Megan Geissler, Jill McMillan and Perrine Marcenac.

"Why do you enjoy Key Club?"





Amy Nowlin, II





The children of faculty and staff enjoy the many activities provided by the students in Key Club during the Halloween party.



S.A.D.D. Club members exchange ideas at one of their meetings.

V I T A L

- There were 139 members in Key Club this year.
- KEY stands for Kiwanis Educating Youth.
- $1,000 was raised for the Backpack project.

INFORMATION



Senior Sara Robb, along with other students council members, works on a team building exercise.

Leaders making a difference



Sophomore Tressely Franko clapped enthusiastically to cheer on her team during the challenge leadership program.

Student council participated in the gift drive, homecoming floats, and many more fun and productive activities that helped the school such as the annual food drive.

Student council activties were as much fun for the people who put them on as for the people they put them on for.

"Freshman Fun Night was so much fun! It was so cool to see all of the freshman so excited for the new school year. It almost made me want to be a freshman again. Almost," laughed senior Nicole Novak.

National Honor Society participated in many activities such as the Valentine's Day flower sale, tutoring, and the new student welcome. To become a member of NHS, one was required to have a 3.5 G.P.A and had to be a well rounded individual, for example being involved in sports and other clubs.

"Being a member of NHS was something to be proud of because it was something that not everyone could do. It took a lot of work, but the feeling of accomplishment was worth it," said senior Amy Ficken.



Sophomore Alyssa Sharp was guided by her partners out of the "dark forest."



Student Council Exective Board: Back row (L-R): Parlimentarian Austin Yim, Sargeant-at-arms Andrew Rodenbarger, Historian Jenny Hoefler, Treasurer Lauren Holst, Public Relations Evan Summers, Secretary Nathan Barksdale, President Abby Dunleavy, and vice-president Lauren Jones.



Student council members load up the cars in order to deliver food to the pantries during the annual food drive held in March.

"What do you think about it?"



The Homecoming parade this year put on by student council was one of the highlights of the year. It was great!

Katrina Cheek 10







Junior Lisa Floran works on the student council gift drive. The annual event benefited needy children.



National Honor Society members sell flowers during lunch periods. The event was an annual fundraiser for scholarships.

VITAL INFORMATION

- To become a member of NHS, the faculty as a whole votes on the potential candidate.
- [illegible]
- The Student Council hosted the annual homecoming parade.
- [illegible]
- For every thirty students there is one representative for them in student council.



Geography students study maps of the world during ninth period.

Around The Globe



Mr. Leach's 6/7th Economics class works on their homework assignment.

Some people believe that history repeats itself. If this is true, than a history class might be something that a student should take seriously. Learning about the past in school could help a student make the best of his future.

Something history has taught students over the years concerned relating to each other. After taking a history class, a student could relate better to their peer sitting behind them, the kid down the street, a family in Oregon, or a nation across the ocean. All of this knowledge was gained by learning from examples in the past.

Not only has history presented examples of how to relate to other people on the Earth, it has given examples of how to resolve conflicts. Examples of this could be seen in the greatness of America's Constitution and the terror of Adolf Hitler and his Nazi army.

While in a history class it was the students' job to learn from both the mistakes and achievements of people before them to make the best of the future that was ahead.



Students in Current World Affairs class prepare to read newspaper articles and summarize them.



Students in a 9th hour geography class prepare presentations for their fellow peers.



Second hour sociology students review materials. Mrs. Diane Davis taught the class.

What's your favorite year in history?

"1900, because of the experience I had with the seniors in my Frontier and AP/U.S. classes. I still see some of them around the holidays and things". -Mrs. Baker

"The year 1442 because it is often associated with Columbus and his trip of discovery, and everyone starts a new discovery every year." -Mr. Brendel





"My favorite year is always the present one. This quote kind of explains why. Yesterday's history, tomorrow is a mystery, today is the present and that's why we call it a gift." -Mrs. Davis





Senior Betsy Burke raises her hand to answer one of Mr. Brendel's questions in 6/7th hour government class.

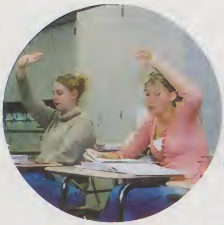


Seniors taking government were given the chance to register to vote while participating in the election process.

VITAL INFORMATION

- VHS had five foreign exchange students visiting during the school year.
- To graduate from VHS with a Core 40 diploma, a student had to pass six semesters of social studies classes.
- There were eight different social studies classes offered at VHS.
- Students in sociology class had to complete twenty hours of community service.
- The social studies department received new books this year.
- Mr. Reggie was the oldest teacher in the social studies department.

Do You speak the Language?



Sophomores Sam Engel and Chally Clem volunteer to answer a question during Spanish teacher Kevin Cessna's class.



Spanish teacher Kevin Cessna examines the homework of sophomore Krestina Johnson so she can receive her puntos for the day. He gave points for homework assignments, which were turned in for a grade.

Holla, bonjour, hallo three words that represent three different languages but all mean the same thing-hello. German, French, Spanish, Japanese, and Latin were languages that a student could take at Valparaiso High School. Yet, why would a student want to take a foreign language?

"A person should take a foreign language to understand the cultural differences of the United States to other countries." said German teacher Elke Bowman.

"The advantage of taking a foreign language is that you can learn to communicate with people of other cultures, and it's for your personal enjoyment," said Spanish teacher Kevin Cessna.

When a student chose from the five languages, they embarked on a journey through culture, vocabulary, grammar, and language. These classes specialized in the teaching of these fundamentals to help a student understand global differences.

Along with the pleasure of studying in a foreign language classroom, each of the foreign languages had a club to correspond with it. These clubs did events to correspond with their language. They focused on events such as Navidad, Kris Kindelmarkt, Golden Week, and Noël. Yet, there was one event that each club looked forward to which was the International Soccer Tournament.

The event was held at the Old Fairgrounds on Calumet Road on September 12, 2003. Students competed for the International Soccer Champ title. In addition, everyone who competed received tee-shirts to distinguish their team.

"The tournament was fun," said Bowman with a smile. "Beating the Spanish team, who had five varsity soccer players was great. I was more than happy to accept the tie between the French and Latin teams," she added.

"The soccer tournament was a geat way for the students of all languages to come together in friendly competition and learn about soccer, which is the most popular sport in the world," said Cessna.

The green German team, led by Frau Bowman, went to defeat the Latin/French team in a shoot out and become the 2003 International Soccer Champions.

Students enjoyed field trips during the year which included excursions to Chicago and Valparaiso University.



The German Team poses after winning the 2003 International Soccer Champion Tourney. Foreign language classes from around the area competed in the event.



German student Lindsay Pavell dances with a festive reveler during a trip to Chicago's Brauhaus. The group was celebrating Fasching.



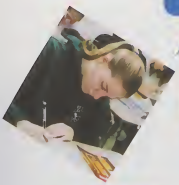
During Mardi Gras, Mrs. Sophie Virgil's French classes celebrated by wearing festive hats and masks.

"What is one piece of advice you would give to a future foreign language student?"

"STUDY!!"
-Stephanie Zaharias, 11

"It is useful to know a different language, to use in the developing world."
-Brandon Cristy, 11

"Make sure that you actually want to take the class."
-Melissa Gronek, 9









Sophomore Megan McGrath and junior Ernie Hasselbring perform a skit in front of Mr. Robert Cespedes's Spanish class.

Five Key Factors For Being A Foreign Language Student

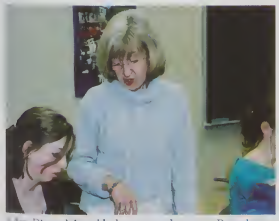
V • You must be able to see patterns easily. The flow of the sentences and words are patterns that a student must see.

I

T • In the foreign language class, the students do many activities. Writing and performing dialogues is a common activity.

A

L • Along with taking a foreign language class, you learn about different cultures and beliefs. Students studying languages need to keep an open mind.



Mrs. Diane Moryl helps out sophomore Brandy Hacker on a question regarding her homework during the French Class.

Helping Hands



During the holiday season, Hope club members ventured out to the mall for a shopping trip.



EAC members Kristen Skinner and Lindsay Wheelie help to recyle afterschool.



Jenny Vega and John Remmert, both members of STAND, read to children during a trip to the Bethune Childhood Development Center in Gary.

Valparaiso High School students were extremely busy this year.. Apart from the usual loads of homework and after-school practices, many found the time to serve the community, work with their peers, and simply take advantage of the numerous volunteer programs offered at VHS.

"Just come ready to have fun," said sophomore Jessica Lisak. As a member of Earth Awareness Club for two years now, Lisak learned to appreciate the uniqueness of this club. Not only did she gain new knowledge about the environment, but she had many exciting , if not memorable, opportunities to apply such knowledge.

HOPE Club took a somewhat different approach. Members, including president Heather Wickstrom, co-vice presidents Morgan Murphy and Robby Jones, and secretary Katie Franz, reached out directly to neighbors and strangers by focusing on the needs of children.

STAND members, led by Mrs. Stolzfus, took on tough subjects as well. They visited various schools throughout the region and gave interactive workshops about diversity and culture.



Earth Awareness Club(L-R): Treasurer Michelle Pietris, vice-president Jen Crabtree, president Liz Orr, historian Jessica Lisak, and secretary Julie Wisner.



HOPE Club members help out with some last minute holiday shopping.

"Why should students join?"





Becky Jones





Interact officers: Top (l-r): Sec. Mallory Parsons; Treas. Sara Naramore; Bottom: Pres. Katie Rush; VP Will Barker; Sgt. of Arms Nikki Sater (not pictured)



EAC members joke around while carrying out pop bottles and boxes. The club helped out with the school's recycling every Thursday after school.

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STAND actually stands for Mentally Together And Naturally Diverse.

•Mrs. Collins and Mr. Kenning, both sponsors of EAC, took members on a trip to the Grand Canyon over spring break.

HOPE really means Helping Other People Excel.

INFORMATION

Taking Shape



Senior Ryan Brunker works on his cardiovascular fitness during weightlifting class.



Sophomores Jessica Krenz and Rachel Kenworthy read to a young child during child development.



Senior Kevin Harkel cooks up one of his specialties during his Foods II class.

At Valparaiso High School, there were a variety of classes that help exemplify all areas of talent. Physical education, health, and nutrition and wellness were some of the classes available for electives.

Physical education included swimming, weightlifting, and general physical education. "Weightlifting helped me because it built my strength for the sports that I played," said junior Sam Matias.

Swimming was a good class to take for people who wanted to be lifeguards. " I wanted to become a lifeguard so I had to take swimming. It all worked out for the best," exclaimed junior Brian Lindsey.

General physical education was a required class for all freshmen. " It was a fun class because I got to do all different activites. I looked forward to this class every day," replied freshman Colin Krupchak..

In health class, a student could learn the importance of keeping a healthy diet and proper nutrition. One could also learn how to keep a proper fitness level and all of the things that dealt with the human body.

In advanced foods, also called nutrition and wellness, students were given opportunities to cook as well as learn proper safety and preparation. The class divided themselves into two groups or teams. The team would then divide again so that one group of the team made the main course and the other made the side dishes. After they were finished, the teams would display their meals on the front counter. " I took advanced foods because I liked foods I, but I really wanted to start making the full meals," proclaimed senior Katie Ramirez. Whether it was pumpkin pie or lasagna, students always found fun in this class.



A guest speaker from the AIDS council lectures Mr.Cook's health class about HIV.



Mrs. Nancy Ficken demonstrates the freestyle stroke to her swim class.

"What are your thoughts about different electives?"









Senior Matt Candiano works his upper body strength in weightlifting class.



Senior Josva Ibrahim gets started on a main course during Foods II.

VITAL INFORMATION

- In cooking class students actually prepared food about 3 or 4 times a week.
- In weightlifting class, students lifted three to four days a week. Other days were spent playing competitive games.
- In sewing, students made a variety of apparel ranging from boxer shorts to tee shirts.



Winter retreat participants gather before dinner in the lodge.

Natural Helpers



Students gather before a long hike in the woods. The retreat was held at Camp Tecumseh.

"Friendship is the only cement that will ever hold the world together."

- Woodrow Wilson

Memories were created, tears were shed, laughter was heard, and pictures were taken during the Valparaiso High School's annual Natural Helper Retreats.

When juniors and seniors were asked to write three names down who they believed was the best person to go to with a problem; nominated students lives were changed from this special weekend. "I have never experienced anything that emotional and intense, it brings out a lot in people," exclaimed junior Brandy Parker.

Everyone in the world needs a friend and that is what the program was about; being a friend to others in need and appreciating those important people in your life.

Students had their eyes opened to a wide range of people. "There was such a variety of people attending the retreat that it changed my views of cliques, it made me see beyond the cliques and the real person inside," replied Parker.

When there were positive people in school who students could turn to for help, a better, conducive atmosphere for learning was created; students supporting students. Attendees of the retreat believed that they were able to capture the art of being a listener while being a positive help to others. "The weekend made me open up to sharing my feelings and it helped me to learn the principles of how to help other people," concluded Parker.

Students met amazing people on the retreat. "I learned about the different sides of people and it was not as hard to relate to people," replied Courtney Blomquist.



Erin Friedman waits for others on the bus as the group prepares to leave VHS.



Senior Lindsay Gough, a member of the rainbow staff, poses for a picture with other retreat participants.



Previous retreat participants applied for rainbow staff positions. Members of the rainbow staff planned events for the retreat. "I met a lot of cool people and learned about team work," said Lindsay Gough.

How has the retreat changed you?





Heather Shaw, 12





Students from the retreat prepare to leave the camp which was held at Camp Tecumseh.



Retreat members take a little rest after a long hike. Students took part in various bonding activities.

V

I

T

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L

- It's best to go with an open mind.

- [illegible]

- [illegible] things about people that you couldn't see normally in a classroom setting.

- [illegible]

INFORMATION

Keeping in tune



Choir students sight read new music during class.



Girls from mixed chorus wait for Mrs. Schonbachler's instructions.

"Perfecting music takes patience, study, control, attention to detail, persistence, and determination," claimed choral director Linda Schonbachler.

The traits Schonbachler listed were certainly needed, considering the choirs were challenged to learn unbelievable songs and perfect them in a short time span. The songs chosen were performed in such languages as German, French, Hebrew, Latin, and Spanish- just to name a few- throughout the year.

"There were seventy-one people in choir this year, which meant seventy-one friends. Every person in choir was so kind, and some of the friendships I will cherish for a lifetime," said senior Lindsey Carlson.

Schonbachler agreed with Carlson and also stated that choir was not like any other musical enrichment class available at V.H.S.

Although doing well in competitions was always wonderful, Schonbachler's goals were also to provide experience to students with fine literature. In addition, she wanted them to perform with excellence while teaching to sight read well.

"I joined because of the girls, the girls, and the girls. I saw the plaques. I heard the 2001-02 concert choirs and could not believe the sound. Mrs. S. said it was an athletic "musical" event," said junior Marc Garza.

"You have to love it. You have to have a passion," Schonbachler explained.



Women's chorus-Row 1 (l o r): Alexandra Rosenbaum, Leeann St. John Row 2: Diana Esparza, Jennie Vega, Jen Swanger, Kirstin Brown, Katelyn Holub, Laura Punter, Caitlin Weeks, Heidi Ohara, Robyn Minal, Marissa Taylor, Crystal Handing Row 3: Kaitlin Kearby, Emily Rogers, Sarah Kretzmann, Amanda Rogers, Jessica Lampman, Samantha Schelling, Christy Brown, Susannah Gingerich, Alisha Garrison, Allyson Lodics, Jenna Ensrgn, Mrs. Schonbachler Row 4: Mr. Oram, Kristen Alessi, Amanda Thomas, Sarah Boigh, Lindy Dobbins, Anna Kispert, Racher Donner, Cami Kern, Ashley Johnson, Fay Gammon, Keely Charson, Danielle Ierr, Dallin McDowell, Stephanie Thomas Row 5: Katie Scherschel, Rachel Kupsis, Melinda Norfleet, Kylie Johnson, Madelin Foster, Lindsey Papka, Sarah Marcinak, Brittney Leslie, Hillary Rersinger, Marrissa Springsteen, Brittan Schroeder, Samantha Townsley, Lauren Bryan, Tracy Reff, Lauren Platt



Men's Chorus-Row 1(L to R): John Thyen, Marc A. Garza, Pat Yokovich (Row 2) Mr. Oram, Tim Hennessy, Mark Blane, Brad Wanek, Matt Hornyak, Julian Guehrs, Jeremy Sydney, David Fox, Mrs. Schonbacler (Row 3) Andrew Gutierrez, Chris Ducat, Craig Conn, Jason Heroldt, Justin Duncan, Neil Davey, Josh Smock (Not pictured) Zach Neill, Jonathan Lambeth, Leon Garrison

If you could be any singer, who would you be?



"Jim Morrison. I always wished I could have been a rock star in the 60's."
– Leeann St. John, 10

"Myself. I know a singer well or two or someone else can sing it better, but I'm happy as a clam with myself."
– Neil Davey, 12







Boys in choir practice songs for the fall concert.



Mixed chorus: Row 1 (L to R): Lisa Weller, Kelsey Shireman, Jennifer Ruhaak, Andrew Basile, Smurthi Garlapati, Kate Gonzalez, Kara MacLean; Row 2: Mr. Tom Oram, Lori Weller, Stephanie Brooks, Melissa Allen, Ryne Wrody, Vincent Garza, Pauline Vijayakuma, Hillary Danapos, Natalie Thomas, Director Mrs. Linda Schonbechler; Row 3: assistant Mrs. Sharon Shepard, Valarie Graham, Ling Chumpornsup, April Ray, Chad Copeland, James Winter, Matt Rosa, Kathryn Ripley, Hannah Fingerhut, Stephanie Thomas; Row 4: Krystle Jordan, Kelsey Eichelberg, Ashley Kuchta, Belinda Eichelberg, Amber Reynard, Kelly Ann Linder, Autmn Blankenbaker, Jessie Gicillian, Rhea Blasko, Hollie Pope, Diane Hardin; not pictured: David Cross, Tiffany Lynch, Lindsey Sheets

VITAL INFORMATION

- The choir's won date in 2001-2002 and received second in the 2002-2003 year.
- [illegible]
- Songs chosen were in all different languages such as Hebrew, Latin, Spanish, French and German.
- [illegible]
- There was no audition required for mixed chorus, but there was one for men's and women's chorus.



"Both concert choir and Varsity Singers are a big commitment, but you have just as much fun."
-Robin Yim, 11

Name that Tune



"I have so many wonderful memories from choir."
-Tim Westforth, 12



"The thing I like about being in choir the most is...the girls, the girls, and the girls. -Pat Yokovich, 12

"Singing was an athletic event," according to VHS choral director Linda Schonbachler. In a sense this was true as Concert Choir and Varsity Singers rehearsed as much as many sports teams practiced.

The year was a very eventful and exciting year for both groups. Varsity singers sang with Andy Williams and were invited to sing at a Cubs game in Wrigley Field.

During the annual state competition, the concert choir placed fifth.

"The best part of choir this year was receiving a standing ovation from all our rival choirs after singing at state," said senior Libby Byrum.

Concert choir and varsity singers were more than classes. The groups were very tightly knit. "I really treasure the friendships I made thoroughout varsity singers," said senior Neena Phadke.

Choir officers were: vice president Bri Addis, secretary Lindsay Carlson, librarian Tim Westforth and Sargeant-at-arms Neil Davey and Pat Yokovich.



Varsity Singers
Row One(L-R)Neena Phadke, Robin Yim, Coleen Casey, Rickey Zinger, Marc Garza, Libby Byrum, Cara Kern, Levi Cowsert, Tim Westforth, Lindsay Carlson Row Two: David Stork, Josh Herbert, Craig Van Soest, Brittney Nandorf, Robbie Dimevant, Julia Monacy, David Conlson (Row Three) Breanne Pyrakker, Stephanie Sowes, Brianna Addis, Amanda Krupinski, Abby Schmidt, Laura Wheat (Row Four)Adam Cronk, John Thyen, Pat Yokovich, Damon Goodrich Hozska, Neil Davey



Concert choir performs during fa fantasia.

How do people really feel about choir?

"I feel honored to be part of one of the best choirs in the state."
- Noel Thompson, 12

"I love touching people through music."
- Julia Monacy, 12





"I love being a choir geek!"
- Marc Garza, 11





Junior Marc Garza and senior Pat Yokovich try to raise money for a new choir wardrobe.



Concert Choir

Front Row: Pat Yokovich, Libby Byram,Brianna Addis, Lindsey Cashen, Bird Bowgit, Row One:Alyse Kupski, Emily Baer, Kathryn Dulla, David Closson, Matt Hornyak . Marc Garza, Robbie Dunwout, Robin Yim, Jessica Brock, Julie Wuori Nono Monacyt Row Two:Mrs. Carol Hazen, Elise Magno Santay, Emily Brown, Amanda Krupinski, David Stuck, Bill Cross, Chris Josh Earhart, Tara Beverly Krista Nyberg, Breanne Pymkites Laura Wheat, Lauren Taylor, Danielle Oller, Mrs. Linda Row Three:Mr. Tom Oram, Rayanna Tiessler, Marita Hassell, Heather Wickstrom, Brittney Rondorf, Katie Simpson, Jared Thyen Micah Moore, Justin Duncan, Lexi Cowsert, Damon Goodrich- Hostka, Ricky Ringer, Danielle Zale, Karli Gustalunga, Lance Barwag, Michelle Maynard, Kari Chael Row Four: Megan Overbey, Callie Kardos, Melissa Springsteen, Christina Sue Thompson, Stephanie Sweet, Jen Lambeth, Jenna Hvrabi, Ben Turk, Craig Van Sant, Adam Cronk, Chisara Nwabara, Madison Courtney Bloomquist, Abby Schmidt, Colleen Casey

VITAL INFORMATION

- Concert choir sang songs in six different languages.
- Concert Choir sent 28 ensembles and 44 solos to state solo/ensemble contest.

For the love of Strings



Sophomore Paige Thompson intently plays during the fall concert.



The only bass in concert orchestra was sophomore Jason Rothenberger.



Sophomore Emily Barry has her cello tuned by Mr. Kopf so she can perform at optimum level.

The students rushed around the hallway, the girls in their midnight dresses and the boys in their sharp tuxedos. Bustling behind the curtain, orchestra members tuned by asking each other for a second opinion. Freshman chatted excitedly as they rosined their bows for the third time; more experienced players snapped their cases shut with expert precision. Even the seniors were flushed from anticipation.

It was the night of "fall colors," the first concert of the year. Both the concert and chamber orchestras performed full programs.

"The concert was fantastic," said senior violinist Mike Ghilardi. "We played tough music with only a short time to prepare."

By all accounts the concert was a success.

Thompson described playing the cello. "The music flows in through your ears and out through your fingers," she said.

"It drains all the negative energy from you and leaves you feeling fully refreshed," said freshman Courtney Wright about the viola.

The Chamber Orchestra achieved the status of state champions as they won the state competition during May in Indianapolis.



Concert Orchestra

Front row (l to r:) Shawn Barnes, Sabrina Kunz, Katie Slack, Matt Jadrnak, Emily Barry, Billy Allen, Paige Thompson. Row 2 (l to r:) Jenna Perry, Katie Franz, Juliana Kahrs, Jason Copeland. Row 3 (l to r:) Laura Hyer, Emily Marr, Michelle Phelps, Andy Barton, Michael Mullen, Courtney Wright, Katie Horan, Amy Ridder, Frank Odar, Kyle Peruski. Row 4 (l to r:) Katie Radar, Ashley Hoffman, Brittany Alyea, Lisa Fitzgerald, Josh Boyton, Joe Price, Nikke Ault, Jason Rodenberger (standing). Row 5 (l to r:) Mr. Kopf, Melissa Gronek, Kit Johnson, Sarah Dooley, Emily Schmidt, Sarah Kretzmann, Jourdan Ringenberg, Sarah Davis, Andy Reich, Sam Price.



Chamber Orchestra

Front Row (1 to r:) Stephanie Jakich, Dorris Blando, Lauren Jones, Shawna Kennedy, Kevin Ludwig, Nora Vail, Erica Fisher. Row 2 (1 to r:) Karin Mick, Jennifer Clark, Molly McGowan, Adam Cronk. Row 3 (1 to r:) Rachel Kenis, Sara Swinehart, Sam Seeger, Heather Wickstrom, Courtney Blomquist, Allison Neuberg, Robin Yim, Megan McGrath, Eric Leland, Brandon Tran, Brett Townsend(standing). Row 4 (1 to r:) Tim Rickard, Sara Lindsey, Michelle Lang, Cassie Tran, Alexa Kukulies, Alicia Ellenberger, Kristyn Dimitroff, Perrine Marcenac, Michael Linert. Row 5 (1 to r:) Mr. Kopf, Austin Yim, Michael Ghilardi, Jon Chen, Justin Schafer, Nathan Jones, Heidi O'hara, Smita Das, Kaitlyn Cook, Alex Costakis.





Playing pizzicato, sophomore Katie Radar plucks each string.



Playing the cello are Michael Linert, Robin Yim, and Molly McGowan.

VITAL INFORMATION

- Students were given the opportunity to letter in orchestra by receiving extra instruction outside of the classroom.
- Director Mr. Tim Kopf began playing the violin at age 5.
- Chamber officers included Stephanie Jakich, Michael Linert, Kevin Ludwig, Robin Yim.
- Andy Barton, Jason Copeland, and Katie Rader were concert orchestra officers.
- There are 3 girls for every boy in orchestra.

Hear the music play



Sophomores Mary Kozelka and Elizabeth Scannel play the flute during symphonic band.



Sophomore Julie Wandasiewicz practices her clarinet during tenth hour.



Sophomore Kyle Hittinger plays the tuba during band practice.

Why do people play music and spend countless hours in rehearsal?

"The most memorable moment comes when the shape of the music and what the composer intended comes to life," said assistant band director Miguel Rosario.

Music provided an outlet for many symphonic and concert musicians. "The best part of playing was being able to express yourself through the music," said Ashley Naramore.

"Being in band you learn a lot. Personally, I have learned how to contribute to a group and collaborate well with others about a wide variety of musical styles, and quite a bit of responsibility among many things," said Elizabeth Boyce.

"The best part of playing is performing for an audience," stated Lorrin Ostojic.

The hard work evidently paid off. "The concert band played wonderfully at contest. They scored highest in the state against several schools number one bands," stated director Daniel Pritchett.



Symphonic Band
Row one-Ashley Naramore, Katherine Hostetler, Jane Bowker, Jill Demorotski, Sarah Albers, Shauna Croarkin, Beth Scannell, Mary Kozelka (Row 2) Elizabeth Boyce, Kirsten Ellison, Julie Wandiesiewicz, Shashika Stanislaus, Amanda Willis, Natalie Gough, Katelyn Holub, Dustin Price, Andreas Shepard, Kevin Kelly (Row 3) Marvin Killian, Nick Kelley, Drew Schmidtke, David Dravininkas, Jason Higginbotham, Emily Fortener, Chris Minnissale, Mike Moran, Will Howell, Zach Urban, Loman Fox, Evan Witters, Kyle Hittinger (Row 4) Andrew Ewing, Danny Livarchik, Mike Scott, Rajiv Pithadia, Jamie Smith, Ryan Pong, Andy Baker, John Van Vliet, Kim Schroeder (Row 5) Mr. Rosario, Michael Patterson, Nick Rapley, Sam Grossnickle, Mr. Pritchett



Concert Band
(First Row) Lorrin Ostojic, Mallory Jindra, Allison Nix, Dana Webb, Nicholle Staack, Katelyn Casey
(Row 2) Renee McShane, Melissa Young, Jamie Patton, Danijela Bukur, Elizabeth Janus, Tanav Popli, Kyle Gatlin, Jaimie Huguenard, Caitlin Casey, Harole Matias, Amanda Malone
(Row 3) Andrea Stout, Jessica Mueller, Ashley Addis, Anna Bianco, Emily Wiliams, Burton Piper, Jordan Merz, Robert Martin, Donald Johnson, Brent Taylor, Katherine Stoner, Michael Nolan
(Row 4) Michael Durak, Jarrod Carr, Robin Marcenac, Bradley Gottschlich, Brittany Hoffman, Paige Anderson (Back Row) Mr. Miguel E. Rosario, Robert Grossman, Ben Bernthal, John Phelps, Cara French, Peter Zale, Thomas Leland, Vamshi Yelavarthi, Megan Rickard, Mr. Daniel Pritchett



Sophomores Katherine Hostetler, Ashley Naramore, and Jane Bowker count and clap to keep time.



Mr. Dan Pritchett instructs the band during class.

VITAL INFORMATION

- Concert band met during 1st hour, and symphonic band met during 10th hour.
- Mr. Rosario conducts the B band and concert bands. He has been playing the trumpet for 26 years.
- Mr. Pritchett also has a musical family as both his children are musicians as well.

Banded for life.....



Senior Dorrie Blando organizes the band's sheet music.



Junior Nate Lodi practices his trumpet.

"I've seen students come together and work on a goal and it's really an amazing feeling when it's all done," stated Dan Pritchett, the "A" band director. Mr. Pritchett directed the band for twenty nine years.

Mr. Pritchett continues to find the "most difficult music out there" for the band to play. The marching band played mostly pop and jazz, while the regular band focused on difficult literature. "We tried to find the strengths and weaknesses and work with them to find the perfect chemistry for the music," added Mr. Pritchett. They performed in the halftime highlight concert, This is Our Story, the spring concert, Dollars for Scholars and State.

The band did work hard but not only at perfecting their music but also by raising money to help pay for the finances. The Ham Dinner, one of the largest fund raisers, sold over 2,500 tickets.

In 2003, the "A" band placed first in state. "We've been at state for many years in a row and we've won most of the time or at least placed in the top seven," stated senior Leslie Reitveld.

The band was made up of a close group of students who have spent most of their musical careers together. "Some of my best friends were in band," stated senior Erin Ennes. She played the baritone for seven and a half years.

The A Band placed fifth in the 2004 state competition held in Indianapolis.



Junior Emily Brown, Laura Williams, and sophomore John Dougherty prepare for the Ham Dinner which was an annual event held in November.



"A" Band (Row One): Sara Naramore, Maureen McShane, Matt Hammond, Brandi Usher, Cassandra Chester, Kyle Lee Andrews, Julia Monacy, Dana Majewski, Leslie Rietveld (Row Two): Megan Geissler, Madelin Foster, Anna Bremer, Jessie Wheeland, Martha Schwen, Kyle Granat, Lydia Karjaka, Kyle Price, Ian Kennedy, John Dougherty (Row Three): Elizabeth Peruksi, Jaime Koch, Hilary Ostafinski, Emily Brown, Jackie Moeller, Laura Engerer, Kellie Watkins, Alexandra Andrejevich, John Schwehn, Kyle Markovich, Josh Smock, Chris Smith, Laura Williams, John Fields, Myles Clarke, Andrew Whitehead, Erin Ennes (Row Four): Mr. Daniel Pritchett, Mr. Miguel Rosario, Ryan Flemming, Mike Hammond, Brad Martz, Senaka Ratnayake, Jen Marshall, Kathy Dehring, Brian Schimpf, Andrew Lind, Sam Stoner, Ben Turk, Jon Ufer, Scott Izynski, John Reinert, Matt Turk, Brian Calvert (Row Five): Josh Pritchett, Ben Gavelek, Aaron Vincel, Nick Armellino, Ernie Hasselbring, Will Neff, Mike Westfall

"Why do you like band?"



"There's a lot of hard work that goes into preparing music for the girls at pep rallies."
-Lindsay Hall, 11

"I love being in band. It's beautiful when everyone is out of the auditorium and you can hear everything."
-Dan Fore



"It's awesome when the whole band comes together and you can hear everyone, and..."
-Francesca Johnson, 11





The band performs at the Veteran's Day performance at Stronghow's.



Band (Row One): Sarah Surber, Laura Breen, Kirsten Reinhold, Rebecca Wells, Jillian Blackley, Francesca Johnson, Baron Saterbak, (Row Two): Allisa Spride, Lauren Baker, Jennifer Crabtree, Tami Kearns, Matt Kennedy, Jessica Lisak, Aaron Brown, Jill McMillan, Elice Magno, Sean Cunningham, Daniel Rosselot, Michele Johnson (Row Three): Elise Snell, Rebekah Kretzmann, Mary Fagg, Kira Saary, Bryan Hughes, Ryan Nikesh, Grace Sutherland, Eric Calvert, Andrew Goldschmidt, Alex Urban (Row Four): Geoff Kolodziej, Brad Horn, Nick Puacca, Jason Vogelpohl, Andrew Gambel, Ben Kenis, Caitlin Malone, Katie Fodness, Wyatt Clarke, Sam Matias, James Hockett, Bryan Carr, Alex Donkle (Row Five): Patrick Burnell, Nathan Loden, Eddie Garwick, Rachel Kretzmann, Mari McKanna, Valarie Logydon, Brian Kelly, Elliot Fortin, Ben Gettleman (Row Six): Miguel Rosario, Hunter VanHouten, Eric Allen, Michael Neal, Kenny Lipscomb, Kristine Clark, Carolyn Engerer, Daniel Prichett

VITAL INFORMATION

- In early instruments, gourds were used as resonators, which helped sound.
- During the middle ages, the flute was used mostly for military music.
- The English expression for trombone is "sackbut", which actually means "push and pull".

Music with style



Studio band member Mike Moran plays a piece of music at the annual Jazz Band Dance.



Director Miguel Rosario conducts the Lab Jazz Band. Rosario assisted director Daniel Pritchett.



Jazz ensemble trumpet players follow Mr. Pritchett's lead in a song at the jazz dance in February.



Lab Band

Row one l to r: Josh Smock, Jane Bowker, Cameron Hiker, Tami Kearns, Laura Williams, Brad Horn, Tami Kearns, Jen Marshall, Megan Rickard **Row two:** Marisa Demko, Director Miguel Rosario, Katelyn Holub, Eric Calvert, Kenny Lipscomb, Emily Williams, Burton Piper, Michael Patterson, Cara French **Row three l to r:** Ken Long, Paige Anderson, Emily Brown, Robin Marcenac, Eddie Garwick, Jackie Moeller, Michael Durak



Studio Band

Row one l to r: Lydia Karjaka, Jacon Vogelpoh, Andrew Gambel, Ben Kerr, Ashley Naramore, Sean Cunningham, Megan Rickard **Row two l to r:** Jackie Moeller, Kathy Dehring, Kai Fodness, Jen Marshall, Mike Moran, Alex Andreavich, Emily Brown, Emily Williams, Jonathan Uter, Cara French, Elizabeth Peruski **Row three l to r:** Director Wayne Co, Ernie Hasselbring, Aaron Vincet, Kenny Lipscomb, Jacon Copeland, Alex Do, John Van Vliet, Director Daniel Pritchett

"What did you enjoy about playing jazz?"









Junior pianist Ben Malone accompanies a song with jazz ensemble.



Jazz Ensemble

Row one l to r: Laura Williams, Kyle Markovich, Chris Smith, Josh Knock, Sara Naramore, John Fields. Row two l to r: Josh Pritchett, Michael Westfall, Caitlin Malone, Scott Lyndki, Jon Reinert, Ben Turk, Brian Calvert, Matt Turk. Row three l to r: Ben Malone, Eric Allen, Brett Townsend, Andrew Lind, Jon Marshall, Kathy Dehring, Michael Hammond, Ben Gettleman. Director Daniel Pritchett

INFORMATION

- The instruments used in jazz band are saxophones, trumpets, trombones, piano, bass and percussion.
- [illegible] Symphonic Band [illegible] Concert in December featuring [illegible] trombonist.
- [illegible] Jazz Band [illegible]
- One of Mr. Pritchett's goals for the year was to develop a better, more consistent swing style.
- [illegible]

Full of Cheer



Participating in the annual popcorn fest parade, the cheerleaders walk down Lincolnway.



The Vikettes perform a routine during half time.



Senior Mike Jindra, the new Victor the Viking mascot, sprints across the court at a home basketball game.

"Give me a V! Give me an A! Give me an L! Give me a P! Give me an O! What's that spell? VALPO!" The Gold was filled with twenty-two football players and the stands were colored green. The super fans brought the pride, the team brought the heart, and the cheerleaders and Vikettes brought the spirit.

The cheerleaders and Vikettes were in charge of cheering on VHS's team and getting the fans excited. Both squads performed during the football and basketball seasons. The cheerleaders performed throughout the games, while the Vikettes put on the half time shows. "Performing in front of everyone was such an adrenaline rush," exclaimed senior cheerleader Kelsey Hupp.

Over the summer, each squad attended a camp where they interacted with other school squads and learned and performed new routines. The cheerleaders won Camp Champs for their "home dance", the spirit award, and the leadership award. "We went to camp as separate people and came back as a team," said sophomore Vikette Jennifer Lindburg.

But nobody said it was easy. Normal practices involved stretching and working on the routines. "Practice was hard. Everyone didn't always get along and it made things more difficult," said junior Vikette Amanda Krupinski.

Ultimately, the girls did what they did for a reason: to have a great time doing something they loved. "I really wanted to be a part of a group of girls who were very outgoing and to have fun while being involved with VHS," said Krupinski.



Row one (L-R): Rachael Bonich, Sarah Passar... Brianna Robinson, Mari McKanna, Cara Kern... Dana Bretz, Britta Nyborg. **Row two (L-R):** Jenn... Perry, Molly Evans, Ryan Huntley, Jaime Koch... Lisa Fitzgerald, Jennifer Lindburg, Julia Groves... Krystina Irzyk, Neena Phadke, Jessica Bucks... **Row three (L-R):** Camie Kern, Alyssa Sharp, Kar... Strehler, Raine Hall, Sarah Lindsey, Allis... Nix, Lindsay Pavell, Colleen Casey, Lindse... Stout, Katie Godbey, Jenna Saltanovitz, Amand... Krupinski, Katherine Bryant.

How well did everyone get along?

" Everyone had a great attitude and awesome sense of humor that you need to get through some stuff."
-Amanda Krupinski, 11

" We all had so much fun hanging out together in and out of school."
-Kelsey Hupp, 12

" We're just like sisters: we fight about everything, but in the end we all love each other."
-Megan Caldwell, 12







CHEERLEADERS



Row One (L-R): Danielle Mauch, Jill Bennett, Megan Caldwell, Molly Colosino. **Row Two:** Kate Westerfield, Alex Tompi, Dana Zubik, Vanessa Norman, Eryn Traves. **Row Three:** Head Coach Jeana Collins, Nicholle Staack, Alicia Ellenberger, Megan Maynard, Julie Zulick, Asst. coach Kara Shunkwiler.

VIKETTES



Row one (L-R): Danielle Mauch, Megan Caldwell, Molly Colosino, Kelsey Hupp. **Row two :** Ashley Glaser, Jill Bennett, Julie Zulich, Vanessa Norman. **Row three:**Head coach Jeana Collins, Alex Tompi, Genna Swanson, Dana Zubik, Eryn Travis.

VITAL INFORMATION

- At cheerleading camp over the summer, six VHS cheerleaders were crowned "All-stars".
- There were two tryouts for cheerleading, one for each sport season.
- It took Vikettes and cheerleaders about two to three days to learn a routine, but weeks to perfect it.

Driving it Forward



Sophomore Lauren Bryan enjoys a snack at a meet.



Freshman Lindsay Jacobs practices her chipping.



Freshman Laura Punter putts towards the hole.

Fore! Heads up Indiana! The Valparaiso High School girls golf team made its way towards success. Goals were accomplished and new ones were set.

The team was able to go undefeated in the conference, 9-1 in the regular season, and were Duneland conference champions. They were Valparaiso sectional champions after they posted the five best individual scores in the meet and defeated their opponents by forty strokes. The Vikings were runners up in the LaPorte regional meet and placed seventh in the state meet.

Motivation came in many forms for the team.

" I got my motivation and inspiration from my parents and my golf-pro," Ashley Burgess said.

Self-motivation was also a key to being a good golfer, or being good at anything in life.

" You had to motivate yourself," Emily Brown explained. "You were the only one who knew exactly what you shoot."

Over the summer, head coach John Knauff advised his players to practice their chipping, putting, and to use the range a few times per week along with playing a few holes on the other days. Some girls also joined golf leagues and conditioned their bodies for extra preparation.

Besides being mentally and physically prepared for a meet, a golfer also had to have the proper items to play well. The most important things that the girls felt to bring to a meet were: golf clubs, shoes, uniform, and a POSITIVE ATTITUDE!



Freshman Katie Lenz practices her swing by an outside mirror at the Valparaiso Country Club, where the team practices.



Girls Golf Team
Front Row(l to r): Natalie Gough, Kate Larson, Dana Webb, Laura Punter, Ashley Adams, Ashley Burgess, Mackenzie Dykes, Lindsay Jacobs Back Row(l to r): Coach John Knauff, Ali Murtaugh, Emily Brown, Sara Naramore, Brittney Nondorf, Ashley Naramore, Mary Kozelka, Katie Lenz, Lauren Bryan, Coach Bob Punter

2003 Theme:

" We don't need luck, all we need is a tee time."









Far Left: Senior Ali Murtaugh swings to get her ball out of the sand pit. Upper Right: Coach John Knauff hands out score cards to players before a meet. Lower Left: Sophomore Mary Kozelka practices her swing on the range. Lower Right: Sophomore Kate Larson cleans her clubs at Valparaiso Country Club.

Captain Profile



Senior captain Sara Naramore practices her swing on the range at Valparaiso Country Club. Naramore was one of the three senior captains this year.

SCOREBOARD

Opponent	Result
Regular Season	9-1
Conference Record	7-0
Duneland Conference Meet	1st of 8
Valparaiso Sectional Meet	1st of 13
La Porte Regional Meet	2nd of 9
Semi-State	9th of 21
[illegible]	7th of 9



"My pitching wedge is my favorite because I can always knock it close with that club."
—Ashley Burgess



"I like my driver the best because when I get frustrated I can let my anger out when I swing it."
—Lauren Bryan



"My five-iron, I chipped in twice last week with it!"
—Emily Brown



"My favorite club is my driver. Golfing is a lot more fun when I use my driver because I can get to the pin faster."
—Ashley Naramore

What is your favorite golf club, and why?

Run FOR your Life



Sophomore Kevin Mangeau, junior Dan Watts and senior Ben Sundy pack up to gain another win against Portage.

Put on your spikes and head down to the starting line...do a few last minute stretches...look out into the distance as the adreneline kicks in and get into place... "Runners on your mark...Set...Go!" The guns goes off and so begins the mental game to see who will push themselves to the limit.

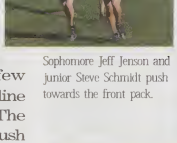
"Tradition Never Graduates." The boy's cross country team kept the tradition alive with a triumphant season. The team finished 6th in semi-state and missed qualifying as a team for state by one spot.

With only four seniors and five juniors, they had their share of skeptics. The boys were young but had a powerful message they needed to get out. They were ready to take the place of the successful alumni from previous years.

"I was very impressed with how well the team did. It was full of young guys who really stepped it up to fill the place of the seniors we lost the year before," stated senior Ben Sundy. The team hoped to finish at least top five in the state but their ultimate goal was to prove the people that doubted them wrong.

"I think they (the team) did a great job. They learned a lot as the season progressed," stated Brett Polizotto. He has coached boys' cross country the previous nine years.

The boys missed being DAC champs by one point to Chesterton. "Our rivals locally were Chesterton, Portage, and Crown Point. It was always great to beat teams from the region," stated junior Dan Watts. "Region bragging rights were big in this area," Watts added.



Sophomore Jeff Jenson and junior Steve Schmidt push towards the front pack.





Senior Ryan Fleming breaks through the Portage pack.



The team gathers for a pre-race pep talk from Coach Mike Prow.



Boys Cross Country team
Front row (right to left): Billy Ryan, Michael Morrison, Chris Davis, Ryan Fleming, Glen Mueller, Ian Gabrielsen, Kevin Mangeau, Andy Barton, Tim Hennessy, Mike Manolakis.
Back row (right to left): Asst. coach Aaron Crague, Jeff Jenson, Donny Johnson, J.T. Stroble, Steve Schmidt, Brian Clark, Dan Watts, Alex Costakis, Ben Sundy, Andrew Beane, Scott Petersohn, John Daugherty, Head coach Mike Prow.





Far Left: After pre-race strides, seniors Ben Sundy, Ryan Fleming, juniors Dan Watts, Steve Schmidt, and sophomores Kevin Nuppnau, Bill Ryan and Alex Costakis do one last run out before the race.





Top Right: The team takes off begin their 3.1 mile race. The boys not only raced 2-3 times per week, but also had morning practice five days a week, as well as after- school practice.

Ben Sundy : State Qualifier



With a fourteenth place time of 16:27, senior Ben Sundy qualified as an individual at state. "I was surprised that we didn't make it out but I was happy with how hard the team worked and how they stepped up after we lost two all state runners." Sundy had been running since 6th grade and may continue his running career at the Xavier University in Cincinnati, Ohio. "Ben has been a steady runner, very hard working, and it's so fitting that he would make it to state," stated coach Prow.

Middle: Senior Logan Owens strides through the tough stretch at Sunset Hill Farm. "We win by working together and the team did a great job."

Bottom Right: Sophomore Jason Higginbotham finishes his race against Portage. "We were a strong team. Lots of guys stepped up for us."

SCOREBOARD

Opponent	
Hobart/South Central	W
Michigan City Marquette	W
Roosevelt/Morgan Twp	W
Pike Invite	W
Crown Point/Lake	L
New Praire Invite	L
Calumet Invite	L
Hobart Invite	W
LSAC	2nd
Sectionals	1st
Regionals	4th
Semi State	6th



"It was the most fun group on a VHS team. We really have the most fun out of any other team in the school."

—Ben Sundy, 12



"We are different to say the least. We have a lot of fun. We're not afraid to be ourselves."

—Dan Watts, 11



"Since we spend time together, work hard together, and meet success together, everyone feels like a brother."

—Matt Manolakis,11



"It's a family of best friends."

—Logan Owens,12

What's the relationship between the guys on the team?

Run For your Life



Seniors Megan Foreman, Rachael Marchand, Julie Martz, and Shawna Kennedy hold up the IHSAA State Champions trophy.



Using one last burst of energy, junior Erica Johnson sprints down a hill toward the finish line.



Before the DAC race at Sunset Hills Farm, senior Julie Martz does some final stretches.

BANG! The guns goes off and the race begins.

In the drama of the mad rush at the starting line, not only the runners get a work out, but also their parents and other on-lookers.

Coach Karen DeVries changed the course every year at Sunset Hills Farm, VHS's home course. The confused parents and others ran around in order to find a good spot to offer encouraging words to their child or friend.

Strength, endurance, and the will to win, were traits pressed into the cross country girls' season and continued to push them to the top.

"One team, one dream, one family," was what the girls shouted as their motto just before the start of every race. There's no doubt about it, the Valparaiso High School girl's cross country team lived up to that motto. "We were really close and outside of running we hung out on the weekends," said senior Angie Shiplov.

What was the dream for this year? "We were totally focused on the state meet and we did what we could to get there and win," sophomore Andrea Kent stated.

The goal of winning state was accomplished once again in the 2003-04 season. In the past five years, the girls won state four times and were runners-up one year. "I would really love the freshmen to experience how it feels to win," commented Coach Karen DeVries.



Senior Angie Shiplov and sophomore Liz Pochop hold up encouraging signs made by teammate Julia Hudson.

Girls' Cross Country

Front row (l to r): Stephanie Mertz, Erica Johnson, Suzanna Szrom, Rachel Kupsis, Mallory Jindra, Nikki Martin, Sabrina Pope, Julia Hudson, Andrea Kent, Julie Martz. Back row (l to r): Head coach Karen DeVries, Ashlee Karp, Lauren Hardesty, Alexandra Andrejevich, Lisa Floran, Elizabeth Pochop, Racheal Marchand, Angela Shiplov, Megan Foreman, Shawna Kennedy, Amanda Hardesty, Laura Sarwacinski, Asst. coach Mick Cavanaugh











(far left:) After finishing the two and a half mile race, sophomore Sabrina Pope takes a breather. (top right:) After winning the state meet, the top twelve girls along with the coaches pose for a picture on the main stage in Bloomington, Indiana. (bottom left:)The girls get in a circle to say a prayer before the race. This was a team tradition. (bottom right:)Sophomore Andrea Kent pushes herself around the corner at Sunset Hills Farm, one of the hardest courses.

Coach Profile



In the past five years, Coach Karen DeVries has won the state title four times. She believed if you put in one hundred percent as a coach, the outcomes were very rewarding. While trying to keep up with the competition and keeping the girls uninjured, she made sure she kept the balance between over training and under training her state champion team.

SCOREBOARD

Opponent	Score
DeKalb Invitational	First
Lafayette Jeff	First
Kouts	First
Thorton	First
Michigan City	First
New Prairie Invitational	First
Culver Invitational	First
DAC @ Chesterton	First
Sectional @ Chesterton	First
Regionals @ New Prairie	First
Semi-State @ New Prairie	First
State @ Bloomington	First



"I just focus on what I'm about to do and think about who I need to stick, that's where I need to work extra hard."

— Andrea Kent, 10



"I listen to music, relax, and focus on the race."

— Angie Shiplov, 12



" I picture myself running the course and think where I need to pick up speed. I also pray."

— Megan Foreman, 12



" Before a race I have a set ritual. I have my socks, which I consider lucky, that I have to wear and I listen to certain music. Usually, Nelly and George Michael."

— Lisa Roran, 11

What do you usually do to prepare before a race?

Always Improving

Improvement was one of the key goals for coach Herb Hofer and coach Jim McCall. Each game that followed the previous one was played harder because of their goals.

"Our goal for the season was to improve each game, and the team did follow this goal," explained Hofer. The junior varsity competed for the J.V. title of D.A.C. champs against familiar teams such as Chesterton, Portage, LaPorte, and Merrillville.

The J.V. ended its season with a 4-5 record. "There were tough games," stated sophomore wide receiver Kenny Lipscomb. "But the team ended as a whole."

Hofer believed the toughest competitor was Chesterton and he proved correct, when the J.V. lost 7-0 after being on the one yard line, and the only score was from a Chesterton quarterback rolling to the outside unnoticed.

The freshman ended their season with a record of 4-5. "Our season went well," coach McCall stated. "We improved each week." It was a continual process for the freshman team. Also, the challenge of developing into a great team and becoming better was a goal that followed. "Wins were nice," McCall explained. "But, the team's development was a great success."

"As a team, we progressed greatly," said freshman quarter back Travis Allen. "As an individual, each athlete of the team surpassed their own goals."

Improvement was a goal that led the J.V. team to over throw an undefeated Portage team one Saturday morning. Improvement led the freshman to work together as a whole.



Freshman running back Hollis Ballard carries the ball for a touch down.



Coaches Matt Hefner, Jim McCall, and Todd Evans watch the freshman team.



Number 4, Freshman quarterback Travis Allen prepares his offensive line against the defenders.



Defensive linemen Jackson Phelps and John Smalls, break through the offensive line for a quarterback sack.



Freshman Team

Row one (L-R): Jon Medved, Thomas Drakos, Jad Clancy, Sean Mullins, Genna Swanson, J.T. Baldwin, Alex Medved, Tommy Renn, Eryn Travis, Erin Travis, Andrea Stout, John Davis, Jarrod Carr, Justin Susdorf, Bruce Tran. Row two: Brandon Tritle, Zachary Fromm, John Smalls, Bryan Miller, Matt Bobrowski, Sean McGill, Jon Clark, Dave Edkins, Brett Van Keppel, Kyle Peruski, John Ely, Ethan Palm, Tyler Doane. Row three: Dan Qualkenbush, Logan Kirby, Kyle Klein, Brandon Apostoloff, Curtis Rose, Peter Zale, Coach Todd Evans, Chooch Sizemore, Sam Smith, Peter Zale, Corey Penrod, Colin Kupchak, Brian Loutzenhiser, John Hardin. Row four: Coach Jim McCall, Drew Zrombosk, Brent Sevier, Jordan Mlenz, Nate Windsor, Joe Bavuso, Ryan Pylipow, Travis Allen, Brad Kolada, Jackson Phelps, Chris Iliff, Nick Loden, Brad Gottschlich, Coach Matt Hefner









Far Left: Sophomore quarter back Carl Hoefler drops back to attempt to complete a pass.
Top: Linebacker Corey Crew looks for the call from Coach Coyle on the sidelines.
Bottom Left: Eddie Garwick and Tim Patterson tackle a trojan running back during the game against Chesterton.
Bottom Right: Sophomore Jake Shau punts the ball as a Chesterton Trojan tries to block.

Captain Profile



Carl Hoefler:

Carl Hoefler led the J.V. team as quarterback and a returner from the 2002 season. "Leading the offense was a pleasure," said Hoefler. "The offense came together as a family."

JV Results

Opponent	Score
Penn	0-30
Gary Roosevelt	48-0
LaPorte	24-28
Michigan City	47-19
Chesterton	0-7
Crown Point	6-19
Merrillville	6-14
Portage	20-12
Lake Central	14-6
Final Record	4-5



"Definitely Portage, they've always been the toughest competitors."
—Carl Hoefler, 10



"Portage always has been our adversary. They always give us a battle."
—Clint Krysa, 10



"Chesterton. We are so close to them that our cities are practically sisters. It's like fighting family."
—Kyle Prow, 11

Who is our toughest opponent?

Something to PROVE



While preparing to hel junior Bill Daunora watch senior Steve Hrivnak tack a Merrillville running bac



Junior Jon Moon pre pares a handoff for jun ior running back Jeff Brandt.



Varsity quarterback and junior Jon Moon attempts to complete a pass.

"Every team is different, but the positive thing about this team was their extremely hard work, and committment," said head varsity football coach Mark Hoffman.

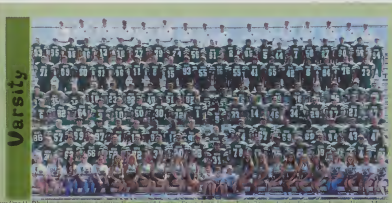
With highly structured practices which featured different periods of flexibility, specialty, individual, combination, and team training, the boys junior varsity and varsity football teams were committed. The practices consisted of about two hours of training, weight lifting and scrimmages. Monday through Wednesday, the boys also lifted weights before school and on Saturday mornings.

Some of the goals for this season were to improve in practice and at every game, said coach Hoffman. After losing a lot of seniors from last year there were many positions to be filled, and a lot of rebuilding to be done.

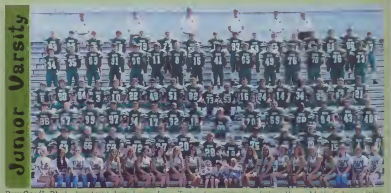
The team finished off the year in seventh place in the Duneland Athletic Conference. In the sectional the team won the first round against East Chicago, but lost in the second game to Portage. The season record was 5-6.



At the homecoming football game the varsity footbal team runs onto the field with great enthusiasim. The score of the game was 30-28 in Valpo's favor.



Row One (L-R):



Row One (L-R):









Far Left: The offensive lineman prepare to take on the Pirates defense.
Top Right: As rain pours down onto the homecoming game the Vikings offense keeps going.
Bottom Left: Coach Hoffman talks to the offensive line in the huddle during a time out.
Bottom Right: Junior Collin McShane is tackled by a Merrillville Pirate after completing a pass.

CAPTAIN profile



Ben Kolodzinski has been playing football for seven years. In all of his years of playing football his favorite memory was playing at the state game in the RCA dome in Indianapolis, Indiana. "Not very many people can tell their grandkids that they were able to play in the RCA dome," said Kolodzinski.

"Camarderie and hilarity, were the two ingredients for a memorable season," said senior Ben Kolodzinski. "My favorite memory this season was beating Merrillville in the homecoming battle!"

SCOREBOARD

Opponent	Score
Penn	7-27
Gary Roosevelt	47-0
LaPorte	14-43
Michigan City	42-7
Chesterton	14-42
Crown Point	34-41
Merrillville	30-28
Portage	17-34
Lake Central	14-0
Conference	7th place
Sectional 1 East Chicago	41-6
Sectional 2 Portage	14-24



"Being able to play with some of your best friends, and playing in front of all your friends on Friday night."

—Drew Bonaventura



"The camaraderie that has developed between the players."

—Andrew Rodenbarger



"The best thing about playing high school football is being part of a family that works together to do their best every week."

—Casey McKim



"The best thing about playing football is the camarderie you have with your teammates."

—Steve Hrivnak

What is the best thing about playing high school football?

Causing a racket



Coach Bob Barthold gives advice to the team before a match.



Junior Farhaan Hafeez lunges for a backhand shot.

The boys tennis team proved they were a force to be reckoned with.

Junior Kyle Prow led the team in the singles division and his teammates senior Jordan Heckard and junior Jagan Kansal were leaders in the doubles bracket. The team was comprised of many other students, most notably, freshman Vamshi Yelauarthi.

Despite his young status, Yelauarthi was on the varsity team and helped to contribute to the team. Senior Jason Gaskell was also one of the many leaders on the team and took the spot as the number 2 singles player. Other senior leaders included Brian McMillan and Jared Earhart who played number 2 doubles.

The team showed that not only did they have the tools to win, but that they had the mental capacity to battle their way to the state match. The team revealed that every teammate counted during the closely scored matches. Despite all the hard work and stress, the players said that the games were all that mattered.

" The most significant things to have in tennis are teammwork and persistence," stated Heckard.

The Vikings tested that theory the entire season and came out with a 4-1 win against Portage at sectionals. They also won their second straight regional, and attained a 3-2 win over Munster in the semi- state finals.



Senior Jordan Heckard trains for an upcoming match.



The Vikings huddle up before the Culver tennis match.



Boys Varsity Tennis
Row One (L-R): Jagan Kansal, Vamshi Yelauarthi, Jared Earhart, and Jeff Threlkeld.
Row Two: Coach Bob Barthold, Jason Gaskell, Farhaan Hafeez, Brian McMillian, Jordan Heckard, Kyle Prow, and Assistant Coach Gary Dixon.









Upper right: Junior Varsity team Row One (L-R): Paul Mooney, Andy Reich, Rajiv Pithadia, Dan Connors, Shadmen Ahmed, Tyler Stiscak, Steve Garritson, Keith Carlson, David Chace. Row two: Coach Bob Barthold, David Millspaugh, Chris Minissale, Andrew Baker, Shashika Stanislaus, Jon Zimmerman, Ken Long, Scott Martin , Kevin Morse, Brett Lakin, Colin McGinley, Kevin Tran, Josh Earhart, Asst. Coach Gary Dixon

Far left: Junior Kyle Prow goes for an overhead shot.

Bottom left: Senior Brian McMillan practices his serves.

Bottom right: Freshman Vamshi Yelauarthi works on his forehand.

Captain Profile



Senior Jason Gaskell leads the team on a warm-up. He was a key leader on this year's team. He showed the new members how to play and had patience to explain the sport according to teammate Kyle Prow.

SCOREBOARD

Opponent	Score
Portage	Win
Highland	Win
Chesterton	Win
Merrillville	Win
Culver	Win
Laporte	Win
Highland	Win
Portage Sectional	Win
Portage Sectional	Win
Portage Regional	Win
South Bend Semi- State	Win
North Central State	4Th



"The games are the most important part of tennis."

— Jagan Kansal, 11



"The kids are what keeps me coming back."

— Coach Bob Barthold



"Consistancy is one of the hardest things to have in tennis."

— Jordan Heckard, 12



"The matches are definitely my favorite part of tennis."

— Kyle Prow, 11

What is the most important thing about tennis?

Kicking into Action



Before every game, players gather together for their team cheers.



Forward Ashley Morgan reacts to a shot during warm-ups.

The 2003 Valparaiso High School's women's soccer team ended with a powerful season. Midway through the year, the girl's record was 12-0, and 5-0 in the DAC.

Chesterton has always been at the top of their rival enemy list. One of the most memorable times during the season was when Valpo beat Chesterton. "Beating Chesterton was my favorite memory becuase Valpo girl's soccer has not beaten them in years, it was awesome," boasted sophmore junior varsity player Sarah Kepa.

The girls all had their pre-games warm ups that everyone including the fan section participated in.

"Every night before games, we attended pasta parties where we loaded up on carbs and fruit. It was great bonding experience," commented Kepa.

Soccer may seem like parties and games but this crew really worked. Practices were held daily where the team either ran two to three miles, or worked on shooting, practiced penality kicks, went over the team plays or just scrimmaged amongst themselves.

Varsity Coach Mike Whisler frequently reminded the girls, "If you were not better today then you were yesterday don't blame anyone but yourself." The coach really pushed the girls to work to their potential. The girls dissected their opponents by learning how to power over their strengths. On the night of the games, they knew exactly what needed to be done to go home with a victory.

The girls on the team really gave it their all during the season, never giving up and fighting out every battle til the end. Malone along with other girls on the team liked to play by the famous words of Vince Lomardi, "The harder you work the harder it is to surrender."



Freshman Laura Nietert tries to gain control of the ball during the K.V. game.



Senior co-captain Lauren Holst squares up on a shot .

Varsity Soccer Team-
Row One (L-R): Amanda Malone, Lauren Holst, Meaghan Ryan, Rachel Kuker, Maeghan Parks, Rachael Churchyard, Kate Stoner, Lauren Krueger. Row Two: Caitlin Weeks, Caitlin Malone, Leslie Bryan, Laura Nietert, Erin Knauff, Erica Humes, LaurenProw, April Anderson, Ashley Morgan, Lisa Church, Head coach Mike Whisler.





Junior Varsity-
Front Row (L-R): Jenna Gathmann, Jillian Schafer, Jenise Vega, Juliana Kahrs, Meagan Arizpe, Sarah Rodenbarger, Danielle Johnson.
Row Two (L-R): Head coach Robert Cespedes, Lisa Monroe, Brytany Pope, Megan Rickard, Megan Walsh, Sarah Kepa, Holly Sontag, Kate Kilhefner,Esther Key, Audrey King.

Captain Profile



Senior captains Lauren Holst and Ashley Morgan lead the team during pregame warmups. Girls participated in team rituals which motivated their teammates. During the season, the girls won sectionals and regionals. At semi-state, the girls lost to St. Joseph 3-0.

SCOREBOARD

Opponent	Score
West Lafayette	6-0 (W)
Chesterton	4-1 (W)
Munster	3-0 (W)
Michigan City	7-0 (W)
South Bend Adams	4-0 (W)
Merrillville	2-1 (W)
Munster	3-0 (W)
Crown Point	5-1 (W)
K. Valley	7-1 (W)
Andrean	3-2 (L)
Lake Central	4-1 (W)
Portage	2-1 (L)



"The team goal was to learn how to work together and perform well as a team."
—Sarah Kepa, 10



"The goal was to try and make it to state, last year we were beat at regionals and we wanted to make it farther this year."
—Caitlin Malone, 11



"One of our team goals was to get as far as possible. I think we did an awesome job, considering that since my freshman year, we haven't made it past regionals."
—Lauren Holst, 12



"We of course like all teams wanted to make state! Be the best team we can be. In my book we are!."
—Ashley Morgan, 12

"What were your team goals for the season?"

Kickin' Back



Junior goalie Devin Henson throws to an open teammate during a Saturday morning JV game against Lake Central.



Sophomore Hunter Van Houten sets the ball for his teammates.



Junior Dan Jeftich crosses the ball during their shoot-out win over Lake Central.

With a record of 17-3-1, the Valparaiso Vikings boys' soccer team had most everything a sports team could dream of having. They earned the sectional and DAC title, and had a near-perfect season with losses only to number one ranked South Bend St. Joseph's, number two ranked North Central, and a tie with a very good South Bend Adams team.

However, they wanted something more, a state trip, or even better a state title. "Our goal was definitely to win the state title. I could of cared less about sectionals or regionals. Valpo has won those a hundred times. I wanted to be remembered as the first team to win a soccer state title for Valpo," exclaimed junior soccer player Matt Welter.

That would be a difficult task, however, because the Vikes had a long road ahead with some really good teams left to play.

"Getting through sectionals wasn't that hard to do," said senior captain Mike Bazin. "We just kept our composure and remembered that we had beaten these teams before. Everyone was out to get us. We played great soccer. I mean we lost to the number one team in the state by one goal. That just showed we could beat any team in the state as long as we stayed focused."

Then regionals rolled around. The Vikings wanted to beat St. Joseph's. Valpo started off on a good note leading St. Joe's 1-0 with less than 20 minutes left to play. A controversial penalty kick knotted it up at 1-1. From there, it was a game of defensive stops, one after the other. It went to a shoot-out, but the Vikes just couldn't finish the deal. "We had a good season. We just wish things could've turned out differently," proclaimed senior Justin Bridgewater.



Junior Cam Williams blasts a shot on goal against DAC rival LakeCentral. Williams led the Vikings in goals this season.



Boy's Varsity Soccer Team

Row one (L R): Zac Henson, Sam Stoner, Devin Henson, Mike Bazin, Andrew Armour, Matt Welter Row two (L R): Coach Dan Jeftich, Hunter Van Houten, Phil Pimentel, PJ Nagel, Scott Wolff, Justin Bridgewater, Daniel Jeftich, Cameron Williams, Evan Christian, Jac Cooper, Andrew Wendahl, Steve Melcher, Bryan Carberry, Kyle Regal, Joey Catrino, Mike Minissale









(far left) Coach Dan Jeftich has been the Valpo soccer coach for 14 years and led the Vikings to nine DAC titles and eight sectional titles. (top right) Row one (L-R): Robin Marcenac, Alex Bulingit, Rafael Rodriguez, Mark Kalmbach, John Remmert, Ian Page, Kyle Frey. Row Two (L-R): Zach Rodenbarger, John Immordino, Danny Livarchik, Joe Corsbie, Senaka Ratnayake, Jamie Smith, Nick Parks, Adam Kepa, Nick Franz, Sean Cunningham, Tom Leland, Josh Bridgewater. (bottom left) Senior Mike Minissale threads the pass through a few Lake Central players. (bottom right) Senior Joey Catrino puts a move around a Lake Central defender.

Mike Bazin goalie



Co-captain senior Mike Bazin has been a two year starter for the Viking soccer team. As a freshman and sophomore, he had been the junior varsity goalie backing up Hector Soto. His height and quickness were key traits for him as the goalie.

SCOREBOARD

Opponent	Score
Chesterton	W 13-11
Merrillville	W 13-11
S.Bend St. Joseph's	L 10-11
Lake Central	W 2-1 (SO)
North Central	L 11-51
Portage	W 11-01
South Bend Adams	Tie (3-3)
Hebron (Sectionals)	W 118-01
Portage (Sectionals)	W 16-11
Roone Grove (Sectionals)	W 14-01
Chesterton (Sectionals)	W 15-01
SB St. Joseph's (Regionals)	L 1-2 (SO)



" The best part about soccer this year was hanging out with the guys because we always have a good time."

-Andrew Wendahl, II



"This year's team was maybe the best Valpo has had in awhile. It's too bad things didn't work out how they should have."

—Scott Wolff, II



"This year's team was fun. Whether it was the pasta parties or just hanging out, we always had fun."

—Mike Bazin, 12



" We had fun. Even though we felt that we should've made it to state, we still had a good year."

—Justin Bridgewater, 12

What were your thoughts about the team this year?

A Set Above



Karli Costalunga springs into action against the other team.



Junior Chelsea Nix leans forward to serve.

"Finish what we start" was the theme the seniors chose for the varsity and junior varsity volleyball teams. Tradition dictated that each year the seniors got to choose a motto to work by. However, this wasn't the only motto they worked by.

"I would say that and you got to want it, to win it," said sophomore Leah Bess.

Senior Megan Maynard had a philosophy of her own. "We were saying 'Quick, Not Fast' this year."

Head Coach Michelle Salomon had three words to describe the team this year, "experienced, athletic, and determined."

During the off-season, the team trained in several ways. They attended open gym during the summer, went to a team camp at Purdue, and conditioned for two weeks before tryouts. Some of the girls who didn't have a fall sport played in the USVBA (United States Volleyball Association).

The team had many highlights in their season. "The best part of this season was beating Penn," said Maynard.

"The unique aspect of our team was that we were able to shrug stuff off and recover," said Maynard. The main goals for the team this year were to finish high in conference, win sectionals, and to come to play every day, regardless if it was just a practice day or a meet day, all of which were accomplished.

"Yes, there were always things you didn't expect, but overall, yes, we had our goals. In some ways, yes, but in other ways, they've exceeded what I thought much more than I ever imagined," said Salomon.



Jumping in the air, freshman Gina Fink and Allie Zikesch celebrate after a successful play.



During a break in the match, Coach Salomon and Coach Harlan talk strategy to the team.



Varsity Volleyball
Row One (l -r): Chally Clem, Chelsea Nix, Katy Blythe, Katie Ramirez. Row Two (l -r): Asst. coach TR Harlan, Elise Snell, Megan Maynard, Michelle Lang, Cassie Kerns, Kristin Cannon, Kristin Rose, Jamie Doane, Head Coach Michelle Salomon.









(Far Left) The varsity volleyball team team gets motivated for the game. (Top Right) Junior Varsity Volleyball: Row one (l to r) Gina Fink, Brittany Cowan, Kelly Moran, Leah Bess, Raine Hall. Row two (l to r) Head coach Heather Treece, Kendra Wagner, Alyssa Sharp, Karli Costalunga, Allie Zikesch, Hillary Reisinger, Allison Nix, Challey Clem, Asst. coach Teri Cummins. (Bottom Left) Sophomore Alyssa Sharp forcefully returns the ball over the net. (Bottom Right) Leaping into the air, Megan Maynard spikes the ball.

Captain Profile



Megan Maynard, the 5' 10" middle blocker, was this year's volleyball team captain. She helped lead the varsity team to their first sectional championship since 1996, earning them a spot at the regionals where they lost a very close game to Elkhart Memorial.

SCOREBOARD

Opponent	Score
North Judson-San Pierre	3-0 (W)
Munster	3-1 (W)
Hobart	3-0 (W)
LaPorte	3-0(W)
Michigan City	3-1 (W)
Crown Point	3-0 (W)
Portage	3-0 (W)
Merrillville	3-2 (L)
Elkhart Memorial	2-0 (L)
Chesterton Sectional	3-0;3-0 3-0 (W)
Regional	3-2 (L)
Season Record	30-6



"Pasta parties and the games."
—Karli Costalunga, 10



"Pasta parties and sleepovers at Kelly's."
—Raine Hall, 10



"Definitely pasta parties."
—Michelle Lang, 10



"The pasta parties and the playing in the games was the best part."
—Kelly Moran, 10

What was the best part about being on the volleyball team this year?

Young and FRESH

"This season, the girls have been playing very hard and have beaten opponents that were really competitive," said freshman volleyball coach Debbie Clifford. She also said that this was the hardest working team she has coached so far.

To get ready for the volleyball season some of the girls attended conditioning in the spring and open gym in the summer. Some of them also participated in volleyball club during the winter. The girls practiced everyday after school from 2:45 p.m. till 5 p.m. unless they had a game.

"This was an extremely hardworking team who were good friends, loved playing basketball and were a joy to coach," said freshman basketball coach Alana Harrington. During the season, the girls practiced everyday afterschool, including Saturdays to 2:30 p.m. from 4:30 p.m., when they did not have a game.



Angelique Alvarado goes for a spike while Brittany Leslie and Adrienne Mathis help.



Coach Clifford addresses the freshmen team.



The freshmen team prepares for another game.



The girls motivate themselves before a game.



Freshman volleyball
Front Row (Left to Right): Jen Dinkelman, Amy Howell, Adrienne Mathis, Angelique Alvarado, Melissa Jamison. Back Row(Left to Right): Caitlin Casey, Brittany Leffew, Bailey Ellis, Brittany Leslie, Colleen Ennes, Jessica Gordon, Brianna Robinson, Head Coach Debbie Clifford.









(Far Left) Karly Krizmanich shoots a free throw. Freshman Girls Basketball team (Front row)L to R Emilie Naccarato, Kerisa Kostrzeba, Rachael Witt, Molly Steiner, Angelique Alvarado, Laura Punter, Makenzie Dykes. Back Row(L to R) Head Coach Alana Harrington, Caitlin Casey, Julianna Kahrs, Megan Steiner, Colleen Ennes, Lauren Hardesty Assistant Coach Nicole Evers. (Bottom Left) One of the Valpo teammates goes up for a rebound while the other team guards her.(Bottom Right)Coach Harrington addresses the freshman team before a game.

Player Profile



Colleen Ennes has been playing basketball for 6 years at the YMCA and Boys and Girls Club. She says you play how you practice.

SCOREBOARD

Opponent	Score
Basketball Scores	
Highland	29-27
Merrillville	37-28
Hobart	33-191
Michigan City	33-19
Lake Central	24-37
Portage	34-19
Crown Point	26-30
LaPorte	20-15
Chesterton	21-17
Penn	20-10
Calumet "B"	26-25



"I participate in volleyball because I love the sport and I love being with my friends all the time."

-Bailey Ellis, 9



"I just really love to play the game."

-Brittany Leslie,9



"I love all the action and intensity and I like being on the team."

- Lauren Hardesty, 9



"I love to play basketball and to stay in shape."

- Colleen Ennes, 9

What makes you want to play volleyball or basketball?

One Team, One Dream



Senior varsity player Jamie Doane guards an offensive player.



Sophomore Taunia Blake is pressed as she looks to make a pass.

"I thought it was a blast. No matter what, we always had fun together," said senior shooting guard Jamie Doane.

The quote described the unity of the girls varsity basketball team while varsity coach Greg Kirby characterized their work ethic as "hardworking, structured and focused."

The team finished their season with a 23-3 record. Their hard work got them to the Class 4A semistate game where they lost to Warsaw (51-53) in heartbreaking overtime play. In the game, Cassie Kerns led the Vikings with 17 points and nine rebounds. However, The Warsaw Tigers forced turnovers on four straight Valpo possessions in their favor.

Despite the outcome, the game was one of Doane's fondest memories of the season. "It was a fun atmosphere to have all the cameras and people around," said Doane.

Kirby was voted Times 2003-2004 Coach of the Year.



Freshman JV player Lauren Prow examines the court before passing to an open player.



Senior Breanne Gustke defends the ball against her opponent.



Varsity Girls Basketball
Row One (L-R): Maggie Graber, Ashley Glaser, Jamie Doane, Lauren Hutton, Leslie Bryan, Katie Ramirez
Row Two: Assistant Coach Kathy Levandoski, Meg Hunt, Michelle Lang, Lindsay Humes, Cassie Kerns, Breanne Gustke, Erica Humes, Head Coach Greg Kirby.









Junior Varsity Basketball Team Row One (L-R): Leah Bess, Chally Clem, Brittany Woldt, Ashley Glaser, Maggie Graber (Row Two:) Lauren Prow, Taunia Blake, Michelle Lang, Grace Sutherland, Liz Pochop
Far Left: Coach Greg Kirby guides the team during a time out.
(Bottom Left): Members of the girls varsity team cheer on their teammates during a game.
Right Bottom: Freshman Lauren Prow goes through her teammates arms. Players constructed a victory bridge after they won a game.

Captain Profile



Captain and point guard of the varsity team, Lauren Hutton leads the team around the court for their pre-game warm-ups.

SCOREBOARD

Opponent	Score
Merrillville	(L) 31-42
Munster	(W) 74-21
Michigan City	(W)60-37
Plymouth	(W)36-33
Crown Point	(W)58-34
Portage	(W)48-29
Lake Central	(W)37-30
Chesterton	(W)32-28
Hobart	(W)45-26
LaPorte	(W)55-28
Highland	(W)54-28
Season Record	23-03



"I really learned about being a team player. I picked up a lot of great basketball skills this year."
—Katie Ramirez



"I have learned more about the sport and I have gotten to know a lot more people."
—Chally Clem



"I've learned the importance of each player's role on the team and the attributes of each."
—Erica Humes



"I learned that in order to work as a team you have to work hard and you can't slack off in practice to be successful."
—Liz Pochop

What have you learned this year?

Just dribble, run



Donnie Johnson finds an open shot for the "A" team as they play against the Crown Point Bulldogs.



With Michael Jordan form, Markus Biggs shoots a well-aimed freethrow.



Rob Hummel, muscles his way inside, going for the lay-up.

"If basketball were a food, I would have to say breadsticks-Fazoli's, because they're really good," said freshman Jackson Phelps.

Both teams enjoyed successful seasons. The A team was 20-0 and the B team was 18-1. Many credited the players as well as the coaches for the hallmark season.

Coach John Knauff coached for 35 years and was refreshed by the skill of the accomplished teams.

"They did very well," praised Knauff.

Coach Knauff and Coach McGonigle gave their players knowledge of the game of basketball, as well as the game of life.

"I've learned that whatever they say was right," said Phelps. "I've learned to respect authority."

A coach since 1977, McGonigle believed the team stood out from the others because of their abilities to stay together and to encourage one another.

"We are always very fortunate to coach young men that like to compete and have a great work ethic and are super in the citizenship department," McGonigle said.



Freshman Chooch Sizemore shoots a freethrow while Brad Kolada and Joe Bavuso guard Crown Point player.

Boys' Basketball

Front row (l to r):Jarrod Carr, Justin Susdorf, Chooch Sizemore, Manager Glen Mueller, Sean Fumes, Jon Krupinski, Zach Rodenbarger. Second Row (l to r): Colin McGinely, Donnie Johnson, Kyle Klein, Jordan Mertz, Marcus Biggs, Colin Krupchak. Back row (l to r): Coach David McGonigle, Jackson Phelps, Scott Martin, Brad Kolada, Travis Allen, Robbie Hummel, Joe Bavuso, Coach John Knauff.











far left: Center Travis Allen reaches for the jump ball- his 6'4" height giving him an advantage.
top right: Coach John Knauff instructs and encourages his players.
bottom left: Freshman Joe Bavuso leaps towards the ball, overcoming two Bulldogs.
bottom right: Striving to make a challenging shot, forward Scott Martin shoots.

Player Profile



Kyle Klein has been shooting hoops since the age of 5. A forward on the freshman team, Klein learned many lessons from Mr. Knauff and Mr. McGonigle whom he called "dynamic coaches." One quote that inspired Klein and pushed him to work harder was "Pain is weakness leaving the body."

SCOREBOARD

Opponent	Score
Lake Central	W55-35
Portage	W 31-16
Crown Point	W65-41
Hobart	W52-33
LaPorte	W40-24
South Bend Clay	W64-41
Merrillville	W52-45
Michigan City	W62-39
Highland	W50-17
Calumet	W53-18
Plymouth	W44-26
Munster	W41-27



"We're like a family, sometimes we fight and sometimes we get along."
— Travis Allen, 07'



"I get to play basketball everyday."
— Scott Martin, 07'



"I just love the game."
— Markus Biggs , 07'



"It is fun."
— Robbie Hummel, 07'

What is it like to be on the basketball team

Hang Together...



Varsity seniors Jordan Heckard and Mike Reinhertz warm up prior to the game against the Brickies.



JV sophomore Kevin Tran goes for the hoop against Hobart.



Junior varsity junior Thomas McGinley takes control of the basketball.

Unity was the key word for the Boys Basketball team. The team opened their season against Boone Grove.

"The Varsity team's goals this year were to win the DAC and sectionals," commented varsity coach Bob Punter.

The varsity team won sectionals with wins over Hobart and Portage. They also beat Concord and LaPorte in the regionals. The team lost in the semistate to Columbia City in overtime.

"I really liked playing in games when they were really close and there was a lot of really loud fans," said junior varsity player sophomore Tim Handlon. Handlon has been playing basketball since he was in kindergarten.

"The hardest part of this season was conference. This was the first year that we played every team twice," stated JV Coach Rhinehart who has been coaching for the past 34 years.



Boy's Junior Varsity
Front Row (l to r): Kevin Nuppnau, Kyle West, Tim Handlon, Jamie Smith, Scott South, Hunter Van Houten, Kevin Tran. Back row (l to r): Nick Kappas, Tommy McGinley, Kevin Morse, Jon Hanselman, Evan Costas, Paul Coburn, Brandon Cornett.



Boys's
Varsity Basketball
Front row (l to r): Ryan Osburn, Ryan Nuppnau, Jordan Heckard, Mike Reinhertz, Brent Kimmel.
Back row (l to r): Assistant Coach Bob Barthold, Jon Moon, Jake Lieske, Ben Pease, Brian McMillan, Dan Lieske, Brandon Thomas, Head Coach Bob Punter.









(Far left:) Varsity Coach Bob Punter guides the team during a timeout. (Top:) JV Coach Rhinehart reviews plays during a time out against the Brickies. (Bottom left:) Senior Mike Jindra encourages the VHS crowds as Victor the Viking. (Bottom right:) Varsity junior Jon Moon waits for the rebound during the Hobart game.

Captain Profile



The captains of the Varsity Boy's Basketball team were Brian McMillan and Brent Kimmel. Brian has been playing basketball for 12 years and loves the fast-paced nature of the game. Brent has played since he was 4 and loves playing for large crowds.

SCOREBOARD

Opponent	Score
Boone Grove	91-51 (W)
Hobart	69-27 (W)
Lake Central	58-75 (L)
Portage	71-49 (W)
South Bend Clay	80-66 (W)
Crown Point	56-53 (W)
LaPorte	64-51 (W)
Chesterton	73-63 (W)
Merrillville	81-36 (W)
Michigan City	72-58 (W)
DAC	12-2
semistate	39-34 (L)



"The best part of cheering during the games was when the games were really close and the whole crowd got really into the game."

—Jill Bennett, 11



"My favorite part of going to basketball games is performing for the students, parents, and fans during half time."

—Kara Strehler, 11



"I like cheering the team on and getting into the game. It's good to support the VHS teams."

—Nate Loden, 11

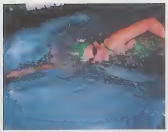


"My favorite part is seeing how the team is really doing and it lets them test out the techniques and plays that they've practiced."

—Mr. Rhinehart, JV coach

What is your favorite part of the basketball game?

Four Lanes
One Team



Swimming the 400 free, Christine Claypool speeds down the lane.

10, 9, 8, 7, 6, 5, 4, 3, 2..1- and another swim meet begins. The countdown recited by the girls swimming and diving team was one of the team's traditions before every meet.

Led by captains Allison Nunley, Erin Frey, and Ashley Matthiesen, the swim team had a great season. "It was nice to know that you were looked up to and that you could make a difference to help the team," said Frey. Being a captain required extra responsibility and focus as well. "The captains and I had to do a lot like starting up the warm up at meets and doing whatever our coach wanted us to do," commented Nunley.



Captains Erin Frey and Allison Nunley stand next to their coach as they watch a race.

The team had practices up to six days a week, twice a day. Morning practices emphasized kicking, pulling, and recovery yardage. Afternoon practices included a dry land workout for about thirty minutes followed by swimming around 7,000 yards for two hours.

Peter Sattler, coached his sixth season, but swam for 17 years before that. "I love the sport of swimming and hope to pass on the love to other athletes," said Sattler. His goals for the year were for the girls to improve everyday and for them to be proud of themselves at the end of the season.

"He was one crazy guy, but a good coach. Sometimes, he made us mad but we forgave him after we did well at our meets," said Nunley.

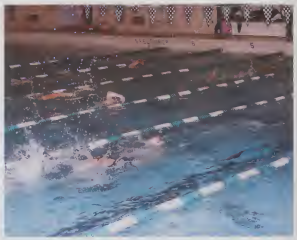
Ultimately, everything comes down to the races, the times, the points, the events, the swimmers, the competition. "When I was about to compete the nerves took over, but luckily I always had a teammate there to motivate me," revealed Frey.

And their coach's biggest concern wasn't winning. "We could only control what we did so we tried to hit about 75% season best times at meets. If we happened to win along the way, that was great," said Sattler.

So what happened when a large number of girls all from different backgrounds were brought together to be on the same team? "We put all outside problems aside and focused on the fact that we were all one team and everyone needed to be there for everyone else," summed up Frey.



Ashley Matthiesen vigorously swims the 200 individual medley.



The girls race down the lanes at a typical home swim meet.

Girls Swimming

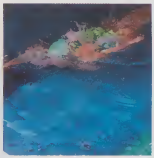
Row one(l to r): Sarah Surber, Sarah Rodenbarger, Amanda Diekesinger, Hayley Gerstler, Brandi Morgan. Row two(l to r): Hannah Fingerhut, Jamie Patton, Pamela Plante, Kate Stoner, Erin Frey, Maria Huyette Arrizza, Erin Wilson, Maggie Phillips, Sarah Godaker, Mandy Welsh, Kelly Salazar. Row three(l to r): Head Coach Peter Sattler, Head Diving Coach Bill Chappo, Kristin Robb, Keely Chaisson, Kyle Lee Andrews, Emily Forbes, Jenny Dilks, Sarah Patton, Alexandra Andrejevich, Rachel Connor, Emily Auer, LeAnn St. John, Jessie Mueller, Natalie Fisher, Asst.Coach Karen Koehn. Row four(l to r): Laurie Vaughn, Katie Lenz, Becky Dyke, Mary Kozelka, Amy Ficken, Christy Claypool, Ashley Matthiesen, Christina McLane, Laura Breen, Jourdan Ringenberg, Rachael Moon, Diane Foutz-Moser, Natalie Gough, Ashlie Addis.











Far left: Freshman Natalie Gough gracefully dives into the pool.
Far Right: The swimmers dive into the water to begin their race.
Bottom left: The team performs a ritual before a home swim meet.
Bottom right: Senior Erin Frey goes in to do a flip turn during the 500 freestyle.

"The Relay" profile



The 400 freestyle relay was the only event to make it to state for the Valparaiso High School Girls Swimming and Diving team. The relay included seniors Erin Frey, Emily Forbes, Allison Nunley, and junior Ashley Matthiesen. The relay was the last to get called down to swim at the state preliminary meet. They were seeded in 29th place with a time of 3:46.17. In the end, the relay went with a time of 3:43.23 and ended up 17th in the state.

SCOREBOARD

Opponent	Score
Highland	88-98
LaPorte	93-92
Hobart	117-69
Lake Central	66-120
Crown Point	103-83
Chesterton	66-108
Lafayette Jefferson	110-76
Merrillville	140-46
Portage	111-69
Michigan City	126-60
Duneland Athletic Conference	4th Place
Sectionals	2nd Place



"Making it to sectionals in the 100 fly and putting as much double-bubble in my mouth as I could and then singing happy birthday to Coach Sattler."
—Mary Kozelka, 10



"The best part about swimming this year had to be the girls on the team. There were such strong bonds between all of us."
—Christy Claypool, 11



"The mental toughness and the 'good times'."
—Laurie Vaughn, 11



"Wearing funky tights in the pool and not shaving your legs."
—Amy Ficken, 12

What was the best part about swimming?

Under the Water, on Top of the Game



Senior Kevin Ludwig swims the 100 meter butterfly.



Sam Stoner perfects his dives as he warms up for the home meet.



Members of the boys and girls varsity swim teams cheer on their teammates.

Snow runs. Teepee Nights. Rituals like these have long been apart of the boys swimming and diving teams. They have certainly changed over the years.

Success, however, has always remained constant, and this year was no exception.

"It was exciting that we posted such fast times," commented sophomore Seneka Ratnayake, recognizing the team's potential long before state. According to senior Matt Ray, "not even the loss of seniors" could hinder the team's efforts.

Freshmen Vaughn, Connor, and Gough "added depth to the team."

Such great success did not come easily though. A majority of the team did another sport in the off season, and the practices were described as simply "utter torment." The three hour daily practice required concentration and sheer will power.

The team's hardwork included the highlight of finishing second in the Duneland Athletic Conference.



At the dual meet against Munster, junior Tim Surber swims the 100 meter breaststroke.



Row one(l to r): Tim Surber, Brian Conner, Chris Cauchon, Andrew Leeth, David Branch, Dana Huck, Travis Kipper, Neville Gough. Row two (l to r)Asst. Diving Coach Bill Chappo, Tim Hennessy, Brian Schimpf, Sam Stoner, Zach Shuta, Matt Kennedy, Seneka Ratnayake, Eric Vaughn, Robert Bober, Asst. Diving Coach Scott Valpatic, Head Coach Gary Davis. Row three(l to r): Asst. Swimming Coach Todd Carpenter, Tim Rozendaal, Kevin Skeleton, Matt Ray, Kevin Ludwig, Logan Owens, Joe Gawdzik, Ian Kennedy, James Winter, Brian Kelly.









(Far left) Robert Bober and head coach Gary Davis wait to hear the diving scores. (Top right:) Junior Tim Rozendal swims the backstroke in the 200 meter medley. (Bottom left) Sophomore Tim Hennessey concentrates in preparation for a backward dive. (Bottom right) Sophomore Seneka Ratnayake sprints to the finish in the 200 meter individual medley.

State contender



Senior Sam Stoner was the only diver to compete in preliminaries and state. He finished 9th in state. He also accepted a diving scholarship to Notre Dame University. Tim Rozendaal, Eric Vaughn, and the 400 freestyle relay also represented Valpo at State Preliminaries in Indy.

SCOREBOARD

Opponent	Score
Hobart	125-57
Lake Central	96-90
Munster	78-108
Lafayette Jefferson	140-42
Merrillville	134-47
Portage	126-59
Highland	102-81
Michigan City	131-55
Laporte	129-57
Chesterton	68-118
DAC	2nd
Sectionals	2nd



"Try your best, it's all you can do."
—Kevin Ludwig, 12



"Never give up. Always give your best and try to do even better the next time.
—Seneka Ratnayake, 10



"Don't give up until the race is over."
—Tim Rozendall, 11



"Just do it."
—Ian Kennedy, 10

What saying or quote do you train by?

State of Mind



Janelle Elwood performs a wolf jump with perfect concentration on the balance beam.



Brittney Millar talks with head trainer Coach Levendoski.

"Winning Portage Pairs, Viking Invite, and beating Chesterton were all great moments," stated freshman Shelley Kendall. "Going to the Fort Wayne meet was also a time for us to become closer and have fun."

After losing some key athletes from last year, the team had some rebuilding to do.

"They are amazingly resilient and very determined," said Coach Cook. With this year being Cook's 29th year coaching gymnastics' at VHS, she had nothing but positive things to say about her team. "The team's progress has been tremendous, both physically and mentally," she stated.

Outside of practices and meets, the team liked to get together and have sleep-overs, and pasta parties as well as T-Ping the coaches houses, making signs, going out to lunch, and going to the beach in the summer to play volleyball.

All the practicing and bonding led to a strong team camaraderie. "Before a meet, I visualized my routines just the way I'm going to compete them. I stayed positive, focused, and confident that I would do my best," stated Shelley Kendall.

"I've learned that there is nothing like working together to achieve a goal, and gymnastics is a lot more rewarding when you did it for a team," stated Rebekah Porter.



Sophomore Kim Schroeder twists gracefully into the air off of the vault.



Teammates Shelley Kendall, Monica Idstein, and Leslie Levenhagen chalk up before performing on the uneven bars.

Girls Gymnastics

Front row (l to r): Rebekah Porter, Sami Ma, Leslie Levenhagen, Monica Idstein. Second Row (l to r): Kim Schroeder, Valerie Logsdon, Maggie Anderson, Janelle Elwood. Back row (l to r): Brittany Millar, Michelle Matchett, Dana Webb, Shelley Kendall.











(far left:) Rebekah Porter performs one of her many routines on the uneven bars.
(top right:) Sophomore Michelle Matchett finishes her floor routine with perfect poise.
(bottom left:) Freshman Dana Webb balances while performing her beam routine.
(bottom right:) Leslie Levenhagen leaps on the balance beam during a performance.

Player Profile



Junior Monica Idstein has been one of the top performers this year for the VHS gymanastics team. Before every meet, she visualizes her routines and tries to stay as calm as possible. "I think of meets as just another practice and take a deep breath before routines," said Idstein. Being on the gymnastics team this year has taught her how to be a leader and to be responsible. Aside from that, she has also learned the importance and true value of friendship.

SCOREBOARD

Opponent	Score
Portage Pairs	Win 27 pts.
Michigan City	Win 102.175
Viking Invite	Win 105.8
LaPorte	Loss 106.975
Fort Wayne Carter Classic	2nd 107.125
Hobart	Loss 80.75
Chesterton	Win 109.0
Portage	Win 106.575
Merrillville	Win 102.75
Sectionals @ Chesterton	1st 111.25
Regionals @ Valparaiso	1st 111.725
State @ Indy	2nd 109.25



"I've learned that you can achieve your dream. You just have to believe in yourself and try things you never thought you could do."

— Janelle Elwood, 09'



"I've learned that it's not all for myself. If you want it, you'll do whatever it takes for the team."

-Brittany Millar, 11'



"I've learned that I can control anything that's going on with me. Gymnastics is 90% mental and 10% physical, and that statistic has proven true for me this year"

— Sami Ma, 11'



"I've learned to work together as a team for one goal. To win state!"

— Valerie Logsdon, 11'

What have you learned from being on the gymnastics team?

Making Weight



Cross-facing his opponent, Brandon Tran defends a takedown.



Josh Allen looks to the referee as he tries to turn his opponent to his back.

"Increase the intensity!" "We're now going live!" "One more set and we're done!" Those were all cries that could be heard behind the giant green screen during a regular wrestling practice. Conditioning and solid basic moves were two of the wrestling teams strong points.

"Conditioning was one of the most important parts of wrestling. You had to be able to wrestle well in the third period if you wanted to have success," said head coach Tom Renn.

"Wrestling was one of the most intense sports, bar none," said junior varsity Josh Allen. "It was just you versus your opponent. It was not like football or basketball where a teammate could help pick up the slack if you were in trouble. You had to do it all yourself."

Not only was wrestling intense, but it was also very physical. "The pain from wrestling wasn't like that of other sports. You got physically hurt several ways. The running we did would leave you sore and exhausted. Add in the fact that you were being physically challenged by your teammates, and you would enter a whole new level of hurt. Our coaches also pushed us to our mental limits," said freshman Austin Zosso.

A wrestling practice generally lasted two and a half hours. It would consist of half an hour of weight lifting, a mile warm-up run, stretches, drills, live wrestling, and then conditioning.

The conditioning paid off for the team, who won the Wawasee Invitational and the Goshen Invitational. The team season record was 11-5.

Coaches were worried about one thing more than weight- how the team was going to deal with the loss of top seniors. "We were hurt by losing seniors like Manvel Biggs, but others like Chris Norman and Kyle Meyne really stepped up for us," said junior varsity wrestler Mike Bonick.



Eric Zosso, Tim Patterson, and Aaron Biggs support their team during a big match.



Mike Bonich wins the 119 lb. weight class as his opponent lowers his head.



Boys Wrestling
Row 1 (L-R): David Keith, Robbie Martin, Ian Golando, Brandon Tran, Jake Keith, Eric Martin, Josh Allen, Carlton Bishop, Clark Hogan (Row 2 (L-R): Jon Medved, Phillip Rodenbeck, Rich Strainis, Aaron Biggs, Corey Crew, Brock Trevino, Mike Mullen, Tom Drakos, Steve Smith, Tim Harreld, Jeff Shapiro, Matt Basile, Mike Bonich
Row 3 (L-R): Coach Todd Evans, Coach Dan Klimczak, Erich Goranson, Brandon Utley, Gregg Knapp, Ben Nowlin, Tim Patterson, Kyle Meyne, Andrew Vereb, Jon Ring, Dave Shinabarger, Eric Zosso, Dave Costas, Ty Steuck, Bill Cross, Brandon Tritle, Peter Zale, Joe Hill, Coach Tom Renn









(Far left): Coaches Tom Renn and Todd Evans express their emotions during a match. (Top): Tye Steuck locks up with an opponent in an attempt to set up a shot. (Bottom left): Corey Crew works for a fall as the referee looks on. (Bottom right): Matt Basile warms up before a match.

Captain Profile



Chris Norman wrestled at the 145 lb. weight class for the Vikings in the 2003-2004 season. He won the Tom Cameron Invitational, the 145 lb. weight class at the Goshen Invite, and placed first in the DAC at his weight class.

SCOREBOARD

Opponent	Score
Merrillville	L (24-39)
Michigan City	W(60-9)
LaPorte	L(17-53)
Lake Central	W(62-14)
Warsaw	W(68-12)
Portage	L(0-61)
Goshen	W(40-25)
Crown Point	L(22-37)
DAC	5th (108)
Chesterton	W(43-22)
Sectionals	2nd
Team Regionals	Lost



"Staying in shape was definitely the hardest part because you had to be constantly lifting weights and eating right."

—David Costas, 12



"The hardest part about wrestling was keeping the same weight all the time. I really had to watch what I ate."

—Josh Allen, 11



"I thought it was one of the most memorable experiences of my senior year."

—Ben Nowlin, 12



"I thought it was maintaining my weight while still keeping up with the rough workout."

—Kyle Meyne, 12

What was the hardest part about wrestling?

Faster Than You



Junior Maggie Graber pushes off her block in the 100 M.



Lauren Hutton competes in the hurdles competition.



Liz Peruski forcefully throws the discus across the field.

Run, sprint, jump, throw- competing all came down to something. Whatever it was, the girl's track team knew what to do and how to do it.

The team was the undefeated DAC champs for the fourth year in the row.

"I would just visualize the race and try to think positively so I didn't freak myself out," said varsity 400 M dash and 4 x 400 relay runner Jamie Moeller.

As good as they were, it didn't happen over night. The girls had to get up early for morning practices, Saturday morning practices, and after-school practices.

"I loved meeting all the new girls and becoming friends with all of them ," recalled junior Sarah Rodenbarger.

"The team as a whole was great. We were all friends and we supported each other with good and bad situations," added hurdles and high jump participant Megan Maynard.

And what have they learned from their experiences? "You couldn't quit," said Moeller.

"You had to just take everything in stride, and deal with one race at a time," concluded Rodenbarger.



Discus and shot put members gather around to hear the order in which they will throw.

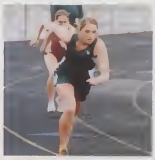
Girls Track



Row one (l to r): Emily Ingram, Ashley Thompson, Andrea Kent, Sarah Rodenbarger, Maggie Graber. **Row two:** Kerisa Kostrzeba, Ada Mathis, Kelly Moran, Moelinda Biggs, Sabrina Pope, Olga King. **Row three:** Carolyn Maynard, Melissa West, Britney Leffen, Dana Webb, Erica Johnson, Mallory Hodra, Erin Hawkins, Sinead O'Rourke. **Row four:** Amy Stipp, Lauren Vogelsand, Cassie Tran, Molly Steiner, Cara Kern, Jenny Pellar, Sarah Dravet, Em Magno, Caitlin Weeks, Alicia White. **Row five:** Coach Cavanaugh, Caitlin Casey, Erin Ennes, Lauren Hutton, Jamie Doane, Diana Crew, Michelle Matchett, Amanda Hardesty, Ashlee Karp, Lauren Hardesty, Jaime Hite, Kat Rodriguez, Jamie Moeller, Coach Devries. **Row six:** Coach Hoffman, Chi Nwabara, Michelle Lang, Taunia Blake, Grace Sutherland, Megan Steiner, Holly Walsh, Melissa Klancer, Chelsea Button, Jenny Peck, Jackie Schraeder, Jourdan Rongenberg, Colleen Ennes, Sam Sanders, Coach Jim McCall.









Far Left: Junior Erica Johnson fights the rain as she runs a relay. Top: Caitlin Casey leaps over the high jump bar. Left: Senior Erin Ennes speeds to the finish line in the 400 M. Right: Sophomore Ashley Thompson takes a jump during a home meet.

Runner profile



Senior Rachael Marchand finished in fifth place at state in the 3,200. Her time was 10:46.17. She also ran the 3,200 relay where the team placed 8th in state. She ran with L. Pochop, A. Hardesty and L. Hardesty.

SCOREBOARD

Opponent	Score
Munster	W
Highland	W
3 way at Crown Point	W
3 Way at Valpo	W
West Lafayette	W
3 Way at Michigan City	W
Portage Relays	W
Portage	W
DAC	1st
Sectionals	1st
Regionals	2nd
State	19th place



"I think I handled it pretty well, there was only so much you could do. If you were fast, you were fast, if you weren't, you weren't."

—Megan Maynard, 12



"I told myself that it will all be over in a minute."

—Jamie Moeller, 10



"Depending on what event I was in, I competed well under pressure, better when I was running than jumping."

—Ashley Thompson, 10



"I just tried to stay relaxed and not get too nervous."

—Lauren Hutton, 12

How did you handle the pressure when competing?

One Stride At A Time



Senior Adam Steiner sprints the 300 hurdles against Michigan City.



Clearing the pole, junior Ben Malone completes the vault.

"Today's preparation determines tomorrows success," was a quote that head coach Brett Polizotto told his forty-six track team members.

Some of the top runners and jumpers on the team were Nathan Barksdale, Tim V anLaan, Brandon Thomas, Josh Randolph, and Mike Reinhertz. The team was undefeated and placed 45th in the state.

Some of the team's biggest rivals were Merrillville and Portage. " I loved beating Merrillville because they had a really good team, and Portage will ALWAYS be our rival," commented senior Nathan Barksdale.

"Practices for the boys track team consisted of running fast and far," said Polizotto. Before meets the team ran warm up laps with other people in their events.

"The most memorable part of track was when the team burned my Chesterton shorts," commented senior Adam Steiner.



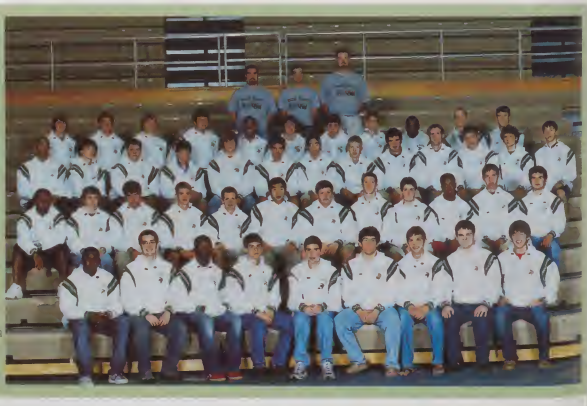
Junior Zac Johnson runs the 400 in a meet against Lake Central and Michigan City.

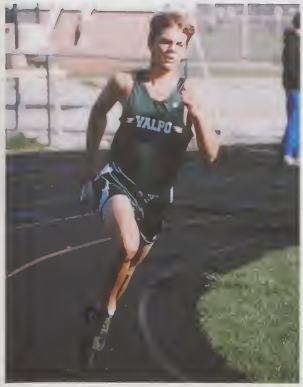


Junior Brian Lindsey and senior Steve Hrivnak compete in the 110 meter hurdle against Michigan City and Lake Central.

Boys Track

Row One (L-R): Hollis Ballard, Chris Weeks, Aaron Biggs, Jeff Jensen, Andre Rosene, Tim Rickard, Ben Sundy, Casey McKim, Adam Steiner. **Row Two:** Josh Randolph, Zac Johnson, Brian Lindsey, Marcus Biggs, Billy Ryan, Jason Lee, Andrew Rodenberger, Eric Vaughn, Chris Owen, Jontee' Randolph, Nathan Wendrickx, Matt Kennedy. **Row Three:** Brandon Thomas, Kyle Klein, Sam Compton, Ben Malone, Jeff Brandt, Donny Johnson, Steve Schmidt, J.T. Sirokie, Nick Nondorf, Matt Stipp, Nick Kovachevich, Tim Hennessy, Nick Kappas. **Row Four:** Steve Hrivnak, Luke McAfee, Matt Johnson, Ben Kolodzinski, Nate Barksdale, Tim VanLaan, Jackson Phelps, Kevin Gass, Gilbert Allen, Dan Watts, Mike Wells. **Row Five:** Coaches Jeff Kolish, Brett Polizotto, Matt Hefner.











Far Left: Anchoring the 4x800 relay, Ben Sundy sprints to the finish line. **Top Right:** In a meet against Lake Central and Michigan City, sophomore Gilbert Allen sprints the 100. **Bottom Left:** Freshman Hollis Ballard clears the pole in the high jump. **Bottom Right:** Senior Tim Rickard runs the 400.

The V8 profile



Senior Nathan Barksdale has run track since 6th grade. His favorite events were the 400 meter dash, and the 4x4 relay. In practice, he would always try to run faster and he would work on his starts. At the state meet, he was ninth in the 100. He also helped the Vikings to an 8th place finish in the 1,600 relay. His favorite part of being on the team was that he was a senior and as a senior the younger classmen would look up to him, and he could help them improve.

SCOREBOARD

Opponent	Score
Crown Point	WIN
Chesterton	WIN
Merrillville	WIN
Lake Central	WIN
Portage	WIN
Michigan City	WIN
LaPorte	WIN
Valpo Relays	1st
Conference	2nd
Sectional	1st
Regional	3rd
State	45th



"Coach Polizotto was giving a lecture about how the team had to work together like a hive of bees and I said 'So Polly...does that make you like the queen bee."

—Chris Weeks, 12



"Going with all the shot putters to Taco Bell before every meet, and hanging out with all of the guys."

—Andrew Rodenbarger, 12



"My most memorable moment during this season was running as a group after the meet."

—Lukas Allen, 9



"Two of my most memorable moments this season were going a 4:52 in the mile and the kick at the end of every race."—Erin Vaughn, 9

What was your most memorable moment during this season?

"We'll let the Racquet do the talk'n"



Vanessa Carna shows some emotion during her match.



Jillian Doneske dips low below the net to return the ball.



Allison Witte hits the ball cross court to her opponent.

This was the theme for the 2004 girls tennis team . They were successful this season because of all the hard work they put in during practice after school and on the occasional Saturday morning. At practice, the girls ran a lap, stretched, and then did footwork with a ground ladder to warm-up their muscles. To get into the tennis mind-set, they hit tennis balls cross-court to each other and practiced their serves. Then the girls were led in drills by the coaches and played games against each other until the end of practice.

All of this practice allowed the Varsity team to have a 5-10 record .

The varsity team lost to the Chesterton Trojans 4-1 in the sectional semifinal game. The Trojans also earned a 3-2 win over Valpo on May 12 in Duneland Athletic Conference Play.

Freshman Lauren Prow, #3 singles, had the only win in the sectional semifinal match.



The girls line up to shake hands with their opponents before the meet starts.



Girls Tennis Varsity Team Bottom row (l-r): Katelyn Ridlbauer, Vanessa Carna, and Jillian Doneske (Top row) (l to r): Coach Bob Barthold, Kellie Watkins, Smita Das, Lauren Prow, Kristin Roessing and Coach Gary Dixon









Far left: Senior Katelyn Ridlbauer gets a pep talk from Coach Barthold during a break in the meet. Top right: Sophomore Brittany Cowan returns the ball to her opponent. Bottom left: Girls had fun during pre-meet warm-ups. Bottom right: Junior Kelly Watkins smashes the ball back across the net.



Girl's 2004 Tennis Junior Varsity
Bottom row (l to r) Ryan Huntley, Allison Witte, Katelyn Ridlbauer, Mary Kasparian , Erica Bengel, and, Kristin Pallok ,Ashley Le Bar
Top row (l to r): Coach Barthold, Michelle Loudermilk,Anna Kispert , Kate Larson, Sarah Lindsey, Melissa Hensley, Allison Nix, Brittany Hoffman, Kelly Goffiney, Laura Farwig, Shelby Nowlin, and Coach Gary Dixon

SCOREBOARD

Opponent	Score
Michigan City	2-3
La Porte	1-4
Crown Point	1-4
Portage	5-0
Chesterton	2-3
Lake Central	3-2
Munster	0-5
Merrillville	2-3
Sectional	(L)4-1
Season	05-10



"I guess my favorite part of practice would have to be playing singles against my teammates because I am a singles player."
—Katelyn Ridlbauer, 12



"Actually, playing 5 points against Lauren and Kristin: we usually get really into it, but have fun at the same time!"
—Vanessa Cama, 11



"When things start to click and when you know that everything we've been working on has come together."
—Jillian Doneske, 11



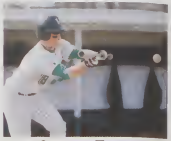
"Playing out points, because it can really improve your game!"
—Michele Loudermilk, 9

What is your favorite part of practice and why?

Batter up



Junior Matthias Houldieson whips a strike down the middle of the field.



Sophomore Clint Krysa waits anxiously to drop a perfect bunt.

"Just getting to spend time with a bunch of great guys and having fun was what made this experience so worthwhile to me," said player Bo Gilliland.

"The best thing about coaching was working with all the kids and seeing them improve," stated varsity coach Todd Coffin.

The Viking varsity team won the first sectional game against Merrillville 5-0. They lost to Chesterton in the 4A sectional championship game by a score of 2-1. Their season record was 16-12.

Despite the loss, many of the players enjoyed the camraderie of the team.

"We have all played together since minors and the team was so close that it made it that much more enjoyable to play baseball because we all got along so well," said Kevin Nuppnau.

"My favorite part about being on the team is goofing around with all the players and Coach Krutz ," said senior Kyle Bartholomew.



Junior Travis Blaine scores a run which helped the Vikes win against the Crown Point Bull Dogs.



Varsity players gather around Coach Coffin for a quick pep-talk before taking place on the field.



Varsity Baseball
First row (L-R): Brian Wiitt, Bo Gilliland, Travis Blane, Doug Lang, Ryan Nuppnau. Second row: Clint Krysa, Kyle Bartholomew, Chris Smith, Brian McMillan, Jon Charlson, Matthias Houldieson, Jason Higginbotham, Tim Kucharski



Junior Varsity Baseball
First row (L-R): Aaron Johnson, Joe Hill, Chooch Seizmore, Kevin Nuppnau, Corey Crew, Eric Goranson Second Row (L-R): Coach Gutierrez, Paul Cunningham, Billy Allen, Nate Windsor, Scott Martin, Tim Handlon, Jim Myers, Keith Carlson.









Far Left: Freshman pitcher Scott Martin releases the ball in an attempt to strike out the competition.
Top Right: Freshman Team First Row (L-R): Brett VanKeppel, Jon Clark, Tony Urankar, Jon Medved, Jarrod Carr, Dale Clapp, Will Snell Second Row (L-R): Jon Zimmerman, Kirk Kennett, Seth Clinkenbeard, Rob Hummel, Drew Zromkowski, Brian Loutzenhiser, Sam Smith, Bottom Left: Freshman Tom Drakos waits in anticipation before taking off for third base. Bottom Right: Freshman Dale Clapp stands ready while awaiting a play to be made.

Player Profile



"Pressure is something I try not to think about," stated senior Doug Lang. "When I get in a situation, I don't think about doing well or what could happen if I don't, I just try to focus on staying positive and getting the job done."

Lang was one of the few starters returning from last year's roster. "I think the team has stepped up very well and everyone is coming together as a team," stated Lang.

SCOREBOARD

Opponent	Score
Elkhart Memorial	4-0
Munster	4-6
New Castle	1-4
Center Grove	2-3
Lake Central	3-8
Crown Point	13-11
New Prairie	14-0
Chesterton	6-15
LaPorte	7-9
Merrillville	4-5
Portage	3-2
Michigan City	22-4

Who has been your biggest role model

"Probably Mike Sullivan and my brothers, Matt and Mike because they have taught me that hard work will pay off."
—Tim Handlon, 10

"My dad he was a tremendous player in high school and still holds records at Merrillville."
—Travis Blane, 11

"My father. He has inspired me every single day of my life and always pushes me to strive for the very best I can do, whether it be in the classroom, on the mound, or in life."
—Jon Charlson, 12

"My biggest role model would have to be my dad because he has always been there for me, picked me up when I was down, and never let me try to quit."
—Doug Lang, 12

No place like home...



Sophomore Chally Clem fields the ball from third and throws to first base.



Junior Caroline Bertram runs across home plate scoring another run against LaPorte.



Freshman Angelique Alvarado hits a single in the J.V. Portage game.

"Being with the girls was my favorite part. We got along so well. Even when we didn't win, we still had a good time," said senior captain Katie Ramirez. Along with Ramirez, seniors Leslie Rietveld, Leslie Bryan, and Katy Blythe were also the 2004 softball team captains.

Practices consisted of throwing warm-ups, hitting drills, fielding pick-ups, and base running situations. The catchers and pitchers had time to practice separately during practice. On occasion, icing player's injuries was a necessity after practice.

The girls also loved their pasta parties and playing euchre. "We have a lot of laughs. This year we've gotten along really well," said Blythe. Six seniors left after this year; one of which, Rietveld, will be playing college softball at Wheaton College.

Head Varsity Coach Kathy Levandoski, Assistant CoachTed Hrabota, and J.V. Coach Alana Harrington put in hours training the girls to take on their D.A.C. rivals. "The season started out rough but we pulled together and improved. We came back and proved ourselves to a lot of people, and I'm really proud of our accomplishments," stated junior Caroline Bertram.

The varsity team lost in the second game of the sectional to Hobart.



The junior varsity team does their pre-game chant before taking the field.



Varsity Girls Softball (Row One) L-R: Caroline Bertram, Katy Blythe, Ashley Walters, Katie Ramirez, Rachel Kupsis, Stephanie Zaharias (Row Two) L-R: Assistant Varsity Coach Ted Hrabota, Sabrina Kunz, Erin Knauff, Katelyn Bullman, Alicia Ellenberger, Leslie Rietveld, Autumn Blankenbaker, Chally Clem, Leslie Bryan, Varsity Head Coach Kathy Levandoski



Junior Varsity Girls Softball (Row One) L-R: Melissa Jamison, Stephanie Hanchar, Megan Arizpe, Caitlyn Leverich, Jamie Huguenard, Amy Howell (Row Two) L-R: Junior Varsity Coach Alana Harrington, Brittney Woldt, Jill Demorotski, Angelique Alvarado, Melissa Baum, Brittney Leslie, Jessica Gordon, Renee Gildein, Brittney Kubal, Jenna Gathman, Melissa Quakenbush

Coach's profile



Kathy Levandoski coached her 15th year of Valpo girl's softball in the 2004 season. Levandoski believed that it was beneficial for students to be involved in athletics because it helped them to manage time, and improved communication and social skills. The most memorable moment for Levandoski was the team's first time winning sectionals in 1991. "Saying good-bye to seniors is always hard. I hate to see them go, and I love to see them come back and visit," said Levandoski.

SCOREBOARD

Opponent	Score
Wheeler	03-02
Portage	00-02
Michigan City	05-00
Crown Point	03-01
LaPorte	07-01
Viking Invite	08-07
Chesterton	01-04
Munster	01-03
Hobart	02-01
Penn	00-03
Sectionals-Hobart	05-02
Sectionals-Portage	04-00



"I just take a deep breath, concentrate on the job ahead, and do what needs to be done."
—Stephanie Zaharias, 11



"When we have pressure, we have to be encouraging because softball is such a mental sport. It helps to keep a good attitude."
—Leslie Rietveld, 12



"When you're out in the field, you don't watch the crowd, you have to play the game."
—Brittney Leslie, 9



"I keep talking to other girls on the team, and crack jokes on the field to keep light of the situation."
—Katie Ramirez, 12

How do you handle pressure before games?

That's Par-fect



Junior Mike Hrunek prepares to putt the golf ball into the hole.



Freshman Andrew Leeth chips the golf ball out of the grass.

"My favorite thing about coaching boys' golf would definitely have to be watching them play," said JV boys coach Mr. John Knauff.

Kauff has been coaching the boys golf team for seven years. Not only did Mr. Knauff enjoy watching the boys play, he also took part in the relaxing game.

"I think our team did really well this year," said senior Joel Pera. "We all worked really hard to have a winning season."

Matches usually lasted two and a half hours for nine holes and five hours for 18 holes. According to Knauff, practices usually consisted of hitting golf balls, chipping, and putting on the green.

Led by varsity coach Wayne Lichtenberger, the boys captured their fifth sectional title in six years with a score of 296. It was the third best score at the event in the last 18 years.



Completing the hole, junior Ed Sheptak putts the golf ball.



Deep in concentration, sophomore David McGonigle putts the golf ball toward the hole in order to move onto the next hole.

Boys Golf

First Row (L-R): A.J. McLinn, David McGonigle, Jon Krupinski, Chris Wellsand, Eric Leland, Andrew Leeth, Michael Nolan, Gene Hart, Joel Pera, Travis Ranger. Second Row (L-R): Coach John Knauff, Coach Wayne Lichtenberger, Austin Ritter, Kyle Prow, Elliot Elger, Ed Sheptak, Chris Kerns, Mike Hrunek, John Cribbs, Coach McGonigle, Coach Pera.











Far Left: Freshman Jon Krupinski follows through with his swing.
Top Right: Practicing his swing, senior Elliot Elger prepares to hit the golf ball.
Bottom Left: Junior Eric Leland picks up grass as he swings at the golf ball.
Bottom Right: Focusing on putting, sophomore Travis Ranger aims for the hole.

Player profile



Senior Joel Pera has been playing golf for six years. He has won the Jake Rosenberry Mental Attitude Award through the Valparaiso Parks Department. His favorite golf course is Rich Harvest Farms in Sugar Grove.

SCOREBOARD

Opponent	Score
Munster	W169-178
Marquette Invitational	W317-308
Carmel	W334-321
Highland	W167-173
Lake Central	W317-327
Michigan City Marquette	W167-177
Michigan City/Portage	W151-157
Aberdeen Classic	326-325
LaPorte/Lake Central	W159-167
Portage/Crown Point	W143-159
Michigan City	W161-160
Chesterton/Lake Central	W165-166



"You feel good when you hit a good shot."
—Andrew Leeth, 9



"It's an honorable sport, it's a good way to meet people, and in my opinion, it's one of the most difficult sports to play."
—John Cribbs, 10



"I like to golf because of how calming it is. It's nice to know that I'll be golfing with my friends after school every day."
—Eric Leland, 11



"Everyday it is different. From wind to rain to cold, you have to know how to deal with it and still put up your best score."
—Chris Kerns, 12

Why do you like to golf?

AP/IB Art Show



(Left to right) Seniors Mike Wells, Chris Weeks, and Ben Kolodzinski play a game of poker while showing off Weeks' artwork.



Junior Becca Malmquist displays her beach theme with her art work.



Senior Amanda Rogers poses for a picture while displaying her art exhibit.



Junior Brandy Parker creates a colorful and unique art exhibit, which included pictures andpaintings of friends.

Congratulations Valparaiso High School

2004 Model School

The Center for Leadership in Education and the Council of Chief State School Officers identified Valparaiso High School as a Model High School.

VHS respresentatives attended the Model Schools Conference in Washington, D.C. on June 25, 2004 as one of thirty model schools in the United States. At the conference, they shared the "best practices" with educators from around the country.



International Baccalaureate Coordinator Debbie Fray helps an IB candidate adjust her sash before graduation.





(Left:) Senior Julia Hudson works the cash register at Buffa Louis. (Right) Junior PJ Patterson bags groceries for customers at Wiseway.



(Left) Senior Matt Weber washes dishes before going on a delivery at Greek's Pizzeria. (Right) Senior Stephanie Wisner rings up a customer at Kmart. (Middle) Sophomores (left to right) Alyssa Sharp and Kendra Wagner pose while preparing fry baskets at Schoop's.





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Where would you find a typical high school student after school? At their job. Now a days, most students found time to juggle school, athletics, family and friends, as well as an after school or weekend job.

Whether it was Aurelio's Pizza or Target, these kids knew how to get the job done while keeping up with their lives outside of school.

"Sometimes it was hard to go from school, to practice, and straight to work," stated senior Megan Foreman. "But, I work with most of my friends so it was usually pretty fun."

"I use the money I make at the carwash to spend on my car," said senior Joey Venditti.

Some students worked to have some extra cash for the weekend, to pay for a car, or to save for college. No matter what reason, these students worked for their money. "I work because I need spending money for college," stated junior Sarah Kinder. An after school job is a great way to learn responsibility, social skills, and most of all work ethic.

What do you like about your job?



"I like working at South Lake (Nautilas) because I like the people I work with and I meet new people all the time."

Alex Massa, 12



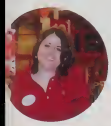
"I like having something to do after school and I have a little extra cash everynight from tips."

Jessie Howell, 12



"I work with ice cream, what's not to like?"

Sarah Robb 12



Jordan Mooney, 11

Q What's your reason for having a job?

A "I wanted to first save money for Christmas and I decided to keep working to make money for spring break."

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Kenneth J. Allen, Esquire, is a member of the bar of the U.S. Supreme Court, Indiana and Illinois Supreme Courts and former Superior Court Judge, *pro tempore*. He is a 25-year member of the Carpenter's Union, a former Union Teamster and Railroad Track Laborer. Legal Publications include: SUCCESS IN PERSONAL INJURY AND WRONGFUL DEATH LAW; TRYING AUTO INJURY CASES; CRASHWORTHINESS AND PRODUCTS LIABILITY; INSURANCE BAD FAITH LAW; TORT REFORM, AUTO CASES AND PREMISES LIABILITY; CIVIL DISCOVERY: ARGUING THE TOUGH ISSUES; SECRETS OF SUCCESS IN JURY TRIALS: VOIR DIRE. He is a sustaining member of American Trial Lawyers Association, a sustaining member of the Indiana and Illinois Trial Lawyers Associations, the Indiana and Illinois State Bar Associations, the Chicago Lake and Porter County Bar Associations and the ABA. He has been interviewed on CNN, NBC, CBS, ABC, WGN, FOX TV and listed in Who's Who in American Law.

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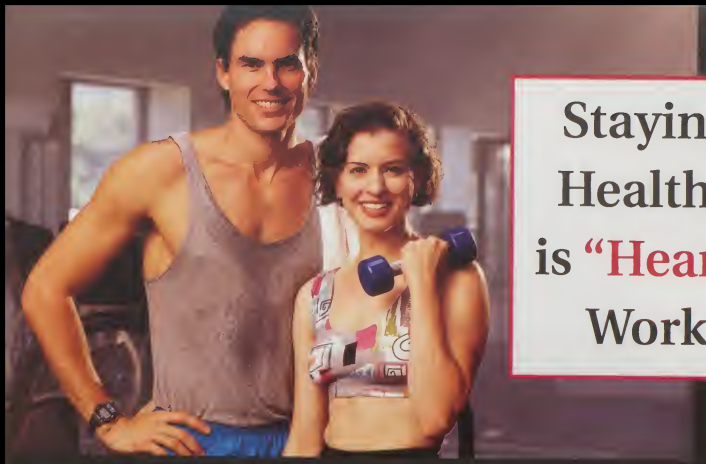
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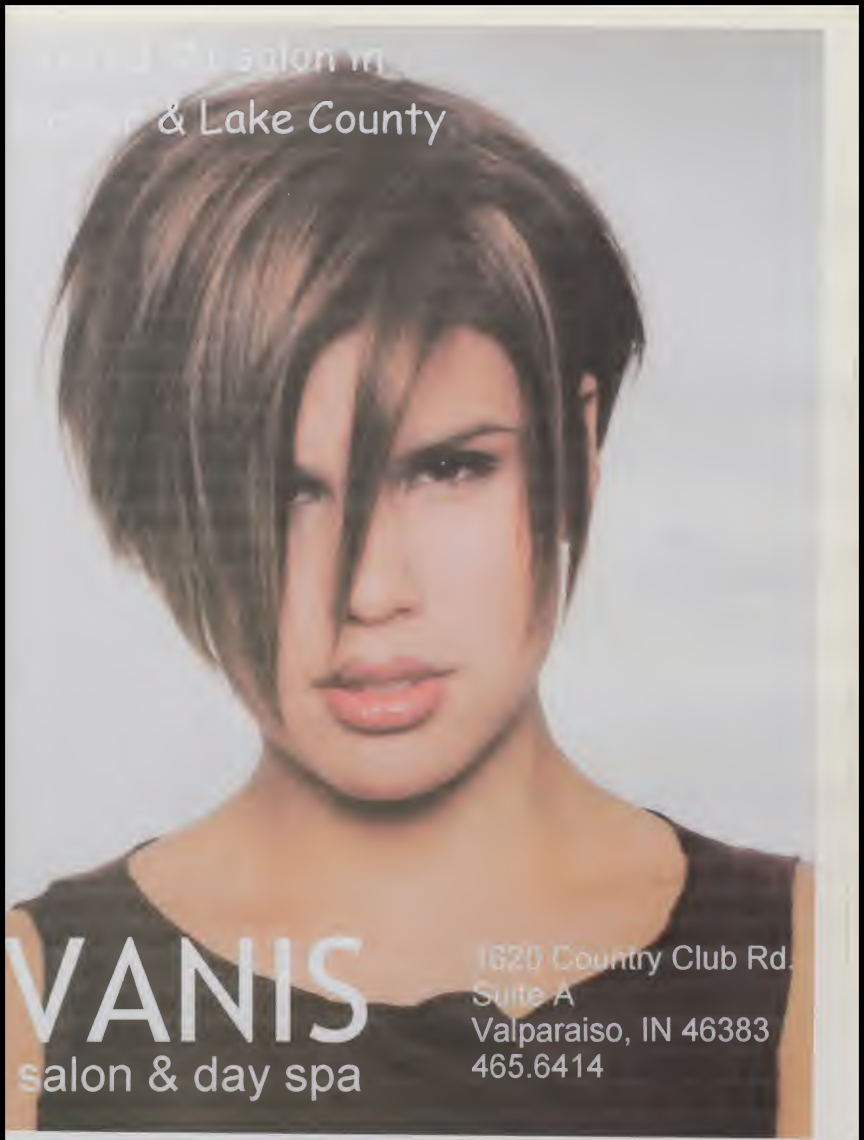
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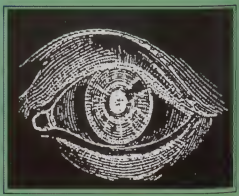
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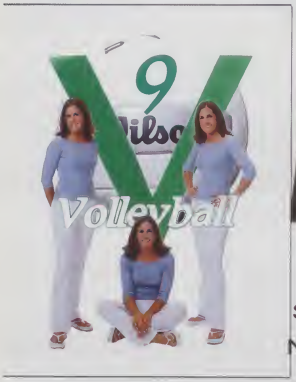
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Principal Ken Brist congratulates graduate Julia Monacy on receiving her diploma. Graduation was held on June 2, 2004 in the VHS gymnasium. This was Mr. Brist's last official commencement as principal.

Superintendent Dr. Michael Benway addresses the graduates and parents at the VHS commencement.



Can you identify these cuties? (All are members of the senior class.) Hint- Look on the next page.

Who are these kids? They are anxiously awaiting to attend school on their first day.



My oh my, how time moves quickly. Can you identify the senior boys in this picture?



Look at them now!

(Left side)Alex Breitinger and Erin Frey pose for a picture while waiting for the bus on the first day of school. The note pinned to Erin's dress has her name and bus number on it. (Below) The senior year picture was taken at the same corner. They are still friends and neighbors after all these years.



The "before" and "after" sequence is the same. (left to right) David Costas, Kyle Bartholomew, Andrew Rodenbarger, Ryan Sutton, Sam Stoner.



Thanks for the memories







(Top left) VHS graduates pop confetti as they celebrate their graduation.
(Top right) Assistant Principal Mr. Michael Pavell directs graduates before commencement ceremonies begin.
(Middle left) Members of the administration and the school board line up before students enter the gymnasium.



Mr. John Pinkerton



Ryan Cunningham



Emily Garritson



Viviana Gonzales performs at the 2004 graduation.

A

Apprentice makes it's debut on NBC.

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Indiana is designated to

>old next years Womens NCAA basketball finals.

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Zebras were popular animals in the Mr. Vhs competition.

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...now you know!

As stated earlier, "Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved," said William Jennings Bryan.

High school prepares us for the future. However, it is not the teachers or our peers that create our future for us, we do. Every decision that we make throughout high school has helped to prepare us for the next level of life. All of the goals that we set, the tests that we studied for, or the practices that we attended, those choices were made for a reason.

Although, the results may not be seen soon after graduation. Later in life, our accomplishments will be recognized. Steps that we have made today will affect us tomorrow. The future will be here soon enough, so live for today. Time should never be wasted on regret because everything has happened **FOR A REASON**.

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Stacy Price and her Marine Alex Hood pose for a picture.



While waiting to get the senior picture taken Leslie Rietveld, Autumn Hunt, Logan Owens, Viviana Gonzalez, Allison Nunley, and Stephanie Jakich pose with their gowns on.



Seniors Noel Thompson, Nicole Novak, and Kate Salan take a break from dancing at prom to take a picture.

Editor





Allison Nawley



Nicole Novak







Amy Ficken



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Colophon

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